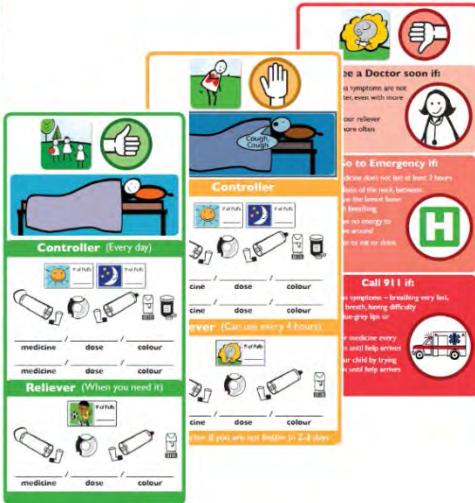


# Control Asthma Now!

## Living with Asthma

### XAKAMEE XIIQDA HADDA! LA NOOLAANSHAH XIIQDA ADEEGA BULSHADA XIIQDA CARUURTA



#### Avoid Your Trigger

**Asthma Triggers**

- Tobacco Smoke: Don't smoke. Never allow smoking in your home.
- Colds & Flu: Wash hands often. Follow your Asthma Action Plan at the first sign of a cold or flu.
- Pet Dander: Avoid pets with hair or feathers. Wash pets regularly.
- Pollution: Close windows during pollen season (Spring and Fall). Use air conditioning car or house. Avoid freshly cut grass.
- Mould: Avoid damp areas. Keep bathrooms and basements dry. Wash clothes in hot water. Vacuum often. Use new, tight covers for pillows and mattresses.
- Dust Mites: Avoid dust and chemicals when you clean.
- Strong Smells: Avoid strong smells.
- Weather: Changes in the weather can trigger asthma. Stay inside when outside weather may trigger your asthma.
- Air Pollution: Stay indoors when air quality may trigger your asthma. Avoid cigarette smoke.
- Emotions: Try to avoid stressful situations. Learn to manage stress.

**Medicines**

Asthma medicines have been used for many years and have proved to be safe and effective. There are two types of asthma medicines: "controllers" and "relievers".

**Controllers**

- Controller medicines are corticosteroids to help calm and reduce swelling in your airways, making them less sensitive to triggers.
- For every 100 times when you have no symptoms, help keep your asthma well controlled.

**Relievers**

- Reliever medicines help relieve the muscles around your airways to reduce symptoms like coughing, wheezing, shortness of breath or tightness in your chest.
- Use when you NEED it.

**Important Reminders**

- Reliever medicines are empty or expired.
- Replace spacer if valves are missing or broken.
- Bring ALL your asthma medicines to every asthma appointment.

**Asthma Control**

Asthma is well controlled when you have:

- symptoms
- no symptoms
- additional physical activity
- school or work
- no relief medicine except for exercise

**Steps to take...**

- your triggers
- our medicines
- your inhalers properly
- ✓ your Asthma Action Plan

**You CAN control your asthma now!**

Waan xakamayn  
karaa xiiqdayda  
hadda!



Dhukumantigan wuxuu sheegayaa nuxurka ee ilaha Adeega Bulshada Xiiqda Carurta:

- Xakamee Xiiqda Hadda! Baroshuurka Lanoolaanshaha Xiiqda (Noofeembar 2018)
- Muujinta Qalabka (Noofeembar 2018)

This information is provided by the Community Pediatric Asthma Service,  
a program to help children and families learn to control asthma.

Visit our website at

[www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)



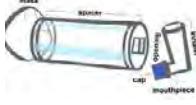
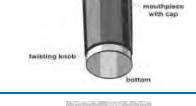
# **XAKAMEE XIIQDA HADDA!**

## **LA NOOLAANSHAH A XIIQDA**

### **ADEEGA BULSHADA XIIQDA CARUURTA**

Magacow (Ingiriisi ahaan) luuqada loo isticmaalay dhukumentigan	Somali
Luuqada la turjumay	Soomaali

**Ku dhufo lambarka bogga si aad boggaas u tagto.**

<b>CALAAMAD</b>		
	<b>CINWAANKA</b>	<b>BOGGA</b>
1.	Iska ilaali waxyaabaha kugu kicinaya	4
2.	Baro sida dawayntaadu u shaqayso iyo goorta la isticmaalayo.	5
3.	Isticmaal qalabka ugu saxsan adoo habka ugu saxsana u isticmaalaya	5
	<ul style="list-style-type: none"> <li>• Nuug/"Foodhi" qalabka xiiqda ookuna dabool (ilaa 4 sano )</li> </ul>	
	<ul style="list-style-type: none"> <li>• Dawada xiiqda/"Foodhida" ee qalabka xiiqda iyo qalabka afka (4+ sanado)</li> </ul>	
	<ul style="list-style-type: none"> <li>• Dhiskus (qalabka loo isticmaalo xiiqda)</li> </ul>	
	<ul style="list-style-type: none"> <li>• Turbuhaylar (qalabka sare ee xiiqda)</li> </ul>	
	<ul style="list-style-type: none"> <li>• Tuwistahayler (qaybta wareegsan ee qalabka xiiqda)</li> </ul>	
	<ul style="list-style-type: none"> <li>• Elibta</li> </ul>	
	<ul style="list-style-type: none"> <li>• Buufiska Nasal</li> </ul>	
4.	Raac Qorshe Howleedkaaga (Tusaale: "Qorshe Howleed Yare oo Xiiqda")	13

Xiiqdu waxay ka dhigi kartaa mid adag in la neefsado iyo inay keento calaamado sida qufac, xiiq-dheer, neefsasho gaaban ama culaysku yimaada xabadkaaga.

Talaabooyinka ugu fudud ee lagu xakamayn karo xiiqda waa:

1. Iska ilaali waxyaabaha kugu kicinaya marka aad awoodo.
2. Baro sida dawoojin kayagu u shaqeeyaan iyo goorta la isticmaalayo
3. Iisticmaal qalabka ugu saxsan una isticmaal habka ugu saxsan
4. Raac Qorshe Howleedkaaga

Waan xakamayn  
karaa xiiqdayda  
hadda!



Xiiqda si wanaagsan ayaa loo xakamayn karaa marka aad haysato:

- Aan lahayn calaamadaha maalintii
- Aan lahayn calaamadaha habeenkii
- Aan ku lahayn xadidaad waxqabadka jidheed ee caadiga ah
- Aan lahayn dugsi kabaaqasho ama shaqo kabaaqasho
- Aan lahayn baahi joogta ah ee isticmaalka daawada laga reebo xiliyada qaar ee jimicsiga.

## **XIIQDU MAAHA INAY XAKAMAYSO NOLOSHAADA.**

### **HADDA AYAAD XAKAMAYN KARTAA XIIQDAADA!**

Xasuusnoow Talaabooyinkii Fududaa



1. Iska ilaali waxyaabah a kugu kiciya	+	2. Qaado Dawoojinka aga	+	3. U qaado qalabka neefsiga si sax ah	=	<b>Xakamaynta Xiiqda</b>
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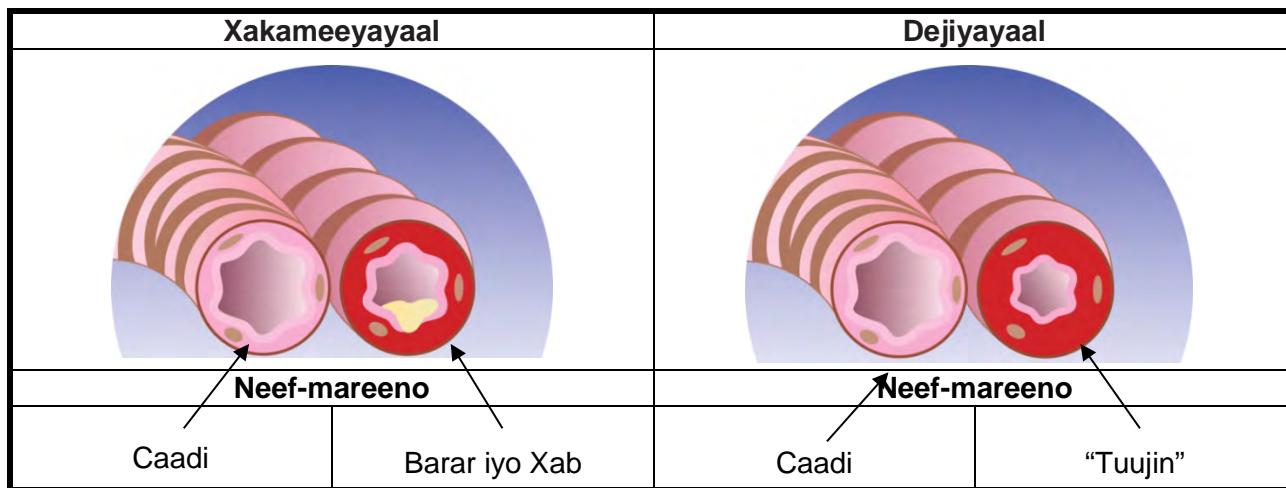
## 1. Iska ilaali wax yaabaha kugu kicinaya

<b>Waxyaabaha Xiiqda Kiciya </b>	<b>Maxaad Samayn Kartaa?</b>
	Cabista Tubaakada  Ha cabin. Marna ha u ogolaan in lagu cabu sigaar gurigaaga ama gaadhigaaga.
	Duray iyo Hargab  Maydh gacmaha had iyo jeer. Raac Qorshe Howleedkaaga Xiiqda marka ugu horeeya eed aragto calaamada duray ama hargab.
	Dhogorta Xayawaanka  Iska ilaali dhogorta xayawaanka, timaha ama baalasha. U maydh xayawaanka si joogto ah.
	Manka  Daaqadaha xidh xiliga lagu guda jiro maka (Gu'ga iyo Dayrt). Isticmaal qaboojiyaha gaadhigaaga ama gurigaaga. Iska ilaali dooga cusub ee la jaray.
	Daxalka  Iska ilaali caleemaha xumaaday, qashinka beerta iyo dooga buniga noqday ee xiliga Gu'ga iyo Dayrt. Ku ilaali qoyaan ka hooseeya 50% gurigaaga. Ku ilaali suuliyada iyo qaybta hoose ee aqalka inay qalal naadaan.
	Cayayaanka  Ku maydh biyo kulul sariirta agabkeeda. Uumi oo dhaska ka qaad had iyo jeer. U sticmaal barkimaha iyo furaashyada galalka cayayaanka celsha.
	Urta Xoogan  Iska ilaali qiiqa iyo kiimikaalka marka aad awodo.
	Cimilo-gooreed  Isbadbedelka cimilo-gooreedu waxay kicin kartaa xiiqda. Gudaha iska joog haddii cimilo-gooreeda dibadu kugu kicin karto xiiqda.
	Dikhowga Hawada  Gudaha aqalka iska joog haddii tayada hawadu kugu kicin karto xiiqda. Iska ilaali qiiqa dabka xaabada.
	Dareeno  Isku day inaad iska ilaaliiso xaaladaha walaaca/diiqada. Baro sida loo maareeyo walaaca/diiqada.
<b>Waxqabadka </b>	
	U jimicsi si joogto ah si caafimaad wanaagsan u hesho. Isticmaal dawadaada dejinta 10-15 daqiiqo ka hor jimicsiga, haddii aad u baahato.

## 2. Qaado inaad Barato Dawadaada, waxay sameeyaan iyo goorta la isticmaalayo

Dawada Xiiqda waxaa la isticmaalayey sanado badan wawaana la xaqijiyeey inay noqotay mid aamin ah oo waxtar leh. Wuxuu jira laba nooc oo dawo nuugista ah, "xakameeyayaasha" iyo "dejiyayaasha."

<b>Xakameeyayaasha</b>	<ul style="list-style-type: none"> <li>Dawooinka xakamaynta waa corticosteroids waxay ka caawinaysaa bogsiinta iyo yaraynta bararka iyo xabka ku jira neef-mareenadaada, in laga dhigo kuwo ay yartahay xasaasiyad kicinta.</li> <li>Qaado maalinkasta, xitaa hadaanad isku arag wax calaamado ah, waxay kaa caawinaysaa in siwacan u xakamayso xiiqdaada.</li> </ul>
<b>Dejiyayaasha</b>	<ul style="list-style-type: none"> <li>Dawooinka dejiyayaashu waa kuwo si kumeel gaadh ah ugu l nafisaan muruqyada ku gadaaman neef-mareenadaada si ay u yareeyaa calaamadaha sida qufaca, xiiq-dheerka, neefsashada gaaban ama culayska xabadkaaga ka dareemayso.</li> <li>Isticmaal marka aad u baahato</li> </ul>
<b>Xasuusin Muhiim ah</b>	<ul style="list-style-type: none"> <li>Ogow marka dawadaadu kaa dhamaato ama dhacdo</li> <li>Iska badal guluubka/qalabka xiiqda haddii afka/dhuunta ay lumaan ama jabaan</li> <li>Keen <b>DHAMAAN</b> dawooinkaaga xiiqda ballan kastoo xiiqueed oo lagula leeyahay</li> </ul>



## 3. Hubi habka neef qaadashadaada

- ✓ Waa muhiim inaad isticmaasho habka ugu saxsan si ay dawada ugu badani u gaadhi sanbabadaada
- ✓ Hubi hab neefsigaaga kulan xiiqueed kasta
- ✓ Booqo boggayaga interneetka/wabsaytka <https://ucalgary.ca/icancontrolasthma/devices> si aad u aragto mudaharaad yada

## Tilmaamaha Qalabka Xiiqda

Qiyaasta La qoondeeyey ee qaadashada(MDI) / "Foodhida"

### Qaadashada / "Foodhida" ee Qalabka Xiiqda kuna daboolaya afka (ilaa 4 sano)



OPEN



SHAKE



INSERT



PRESS DOWN

1. Fur

2. Rux

3. Gali

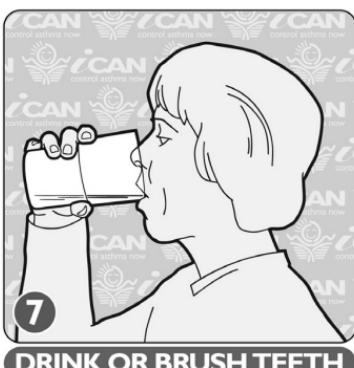
4. Hoos u riix



BREATHE IN & OUT



REMINDER



DRINK OR BRUSH TEETH

5. Neefso gudo iyo dibad

6. Xasuusin

7. Cab ama caday ilkaha

## MACLUUMAAD MUHIIM AH

Muuqaal	<ul style="list-style-type: none"> <li>Ku xidh onlays ahaan qalabka ee muuqaalada mudaharaadka: <a href="https://ucalgary.ca/icancolorasthma/files/icancolorasthma/inhaler_with_mask.swf">https://ucalgary.ca/icancolorasthma/files/icancolorasthma/inhaler_with_mask.swf</a></li> </ul>
Ogow	<ul style="list-style-type: none"> <li><b>Isticmaalka neef qaadashada ee qalabka la'aanta xiiqda MAAHA mid lagu taliyey.</b></li> <li>Qalabka xiiqda ee la socoto qalabka afka ayaa ah mid lagu taliyey si loo wanaajijo gaadhista dawooyinka ee sanbabada.</li> </ul>
Cabirka Wajiga	<ul style="list-style-type: none"> <li>Qalabka wajigu waxay kusoo baxaan dhalaan ahaan, caruur iyo cabirka dadka waaweyn.</li> <li>Qalabka wajigu waa inuusan NOQON mid daboola indhaha.</li> <li>Hubi inuu qalabka wejigu si fudud u daboolo afka iyo sankha.</li> </ul>
Qalabka Xiiqda	<ul style="list-style-type: none"> <li>Badal qalabka xiiqda haddii dhuumuhu lumaan ama jabaan.</li> <li><b>Nadiifin:</b> Ku radi biyo diiram oo saabuun leh. Hana qalalo.</li> </ul>
Madhan?	<ul style="list-style-type: none"> <li>Rux. Haddii aad dareento inuu khafiif yahay ama aanad dareeminba wax dareera ah inuu dhaqaaqayo, wuu madhan yahay una baahan yahay in labadalo.</li> <li>Qalabyada qaar ayaa leh cabiraado. "0" waxay la micno tahay dhamaad. Iska tuur.</li> </ul>
Dhacday?	<ul style="list-style-type: none"> <li>Kasoo jiid qasacada birta ah bacda si aad u hubiso taariikhda dhicista ee qasacada.</li> </ul>
Xasuusin	<ul style="list-style-type: none"> <li>Kubadal bacda inaad ku kaydiso MDI.</li> </ul>

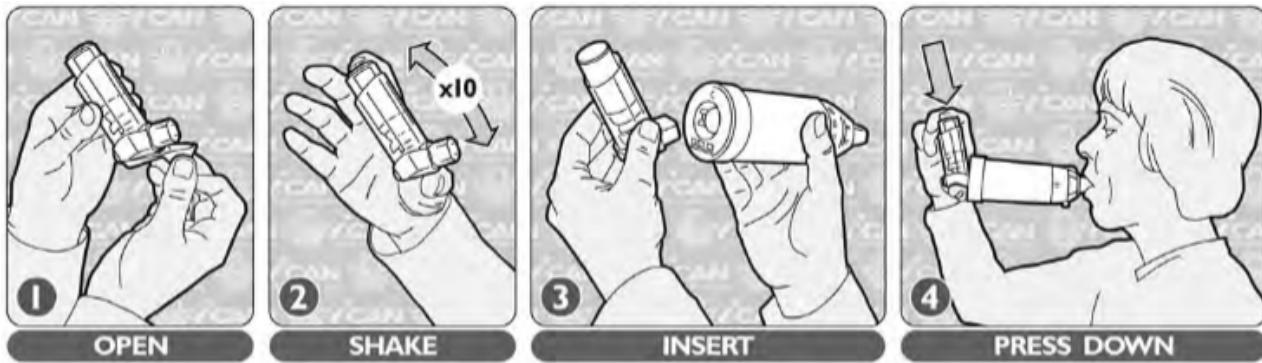
Qalabkan waxaa loo nashqadeeyey ujeedo macluumaad oo kali ah. Maaha in loo isticmaalo goobta talo bixinta caafimaad, tilmaamo iyo/ama dawayn. Haddii aad qabto su'aalo khaas ah, fadlan la tasho dhakhtarkaaga ama xirfadlayasha ku haboon ee daryeelka caafimaad.

Somali-MDI with mask and spacer

## Tilmaamaha Qalabka Xiiqda

Qiyaasta La qoondeeyey ee qaadashada(MDI) / "Foodhida"

Qaadashada / "Foodhida" ee Qalabka Xiiqda iyo Qlabka afka (4+ sanadoo)

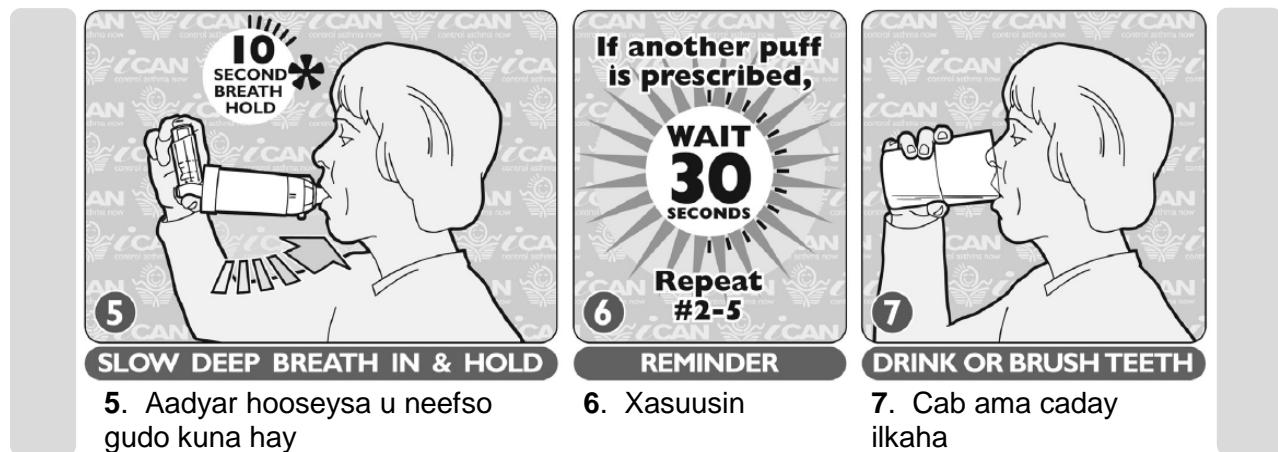


1. Fur

2. Rux

3. Gali

4. Hoos u riix



5. Aadyar hooseysa u neefso  
gudo kuna hay

6. Xasuusin

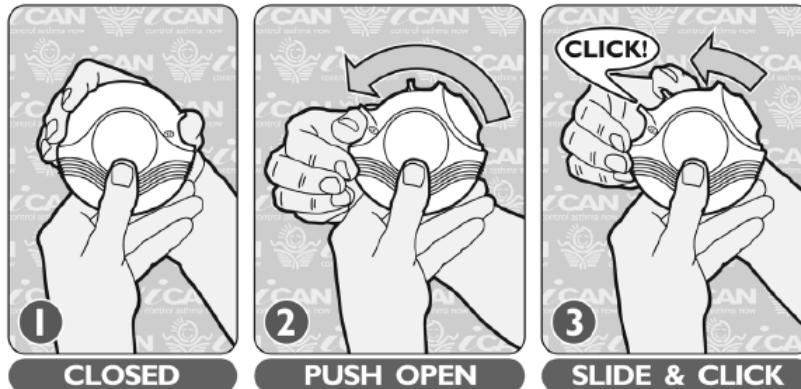
7. Cab ama caday  
ilkaha

## MACLUUMAAD MUHIIM AH

Muuqaal	<ul style="list-style-type: none"> <li>Ku xidh onlayn ahaan qalabka ee muuqaalada mudaharaadka: <a href="https://ucalgary.ca/icancolorasthma/files/icancolorasthma/inhaler_with_spacer_1.swf">https://ucalgary.ca/icancolorasthma/files/icancolorasthma/inhaler_with_spacer_1.swf</a></li> </ul>
Ogow	<ul style="list-style-type: none"> <li>Isticmaalka neef qaadashada ee qalabka la'aanta xiiqda MAAHA mid lagu taliyey.</li> <li>Dhig qalabka afka inta u dhaxaysa ilkahaaga oo isku xidh dibnahaagana (sidii inaad tuunbo nuugayso).</li> <li>*Haddii aanad awoodin inaad celiso neeftaada, qaado 6 neefsasho oo caadi ah.</li> </ul>
Qalabka Xiiqda	<ul style="list-style-type: none"> <li>Badal qalabka xiiqda haddii dhuumuhu lumaan ama jabaan.</li> <li><b>Foodhis:</b> codka foodhisku waa digniin in la YAREEYO neefsashadaada.</li> <li><b>Nadiifin:</b> Ku radi biyo diiram oo saabuun leh. Hana qalalo.</li> </ul>
Madhan?	<ul style="list-style-type: none"> <li>Rux. Haddii aad dareento inuu khafiif yahay ama aanad dareeminba wax dareera ah inuu dhaqaaqayo, wuu madhan yahay una baahan yahay in labadalo.</li> <li>Qalabyada qaar ayaa leh cabiraado. "0" waxay la micno tahay dhamaad. Iska tuur.</li> </ul>
Dhacday?	<ul style="list-style-type: none"> <li>Kasoo jiid qasacada birta ah bacda si aad u hubiso taariikhda dhicista ee qasacada.</li> </ul>
Xasuusin	<ul style="list-style-type: none"> <li>Kubadal bacda inaad ku kaydiso MDI.</li> </ul>

Qalabkan waxaa loo nashqadeeyey ujeedo macluumaad oo kali ah. Maaha in loo isticmaalo goobta talo bixinta caafimaad, tilmaamo iyo/ama dawayn. Haddii aad qabto su'aalo khaas ah, fadlan la tasho dhakhtarkaaga ama xirfadlayaasha ku haboon ee daryeelka caafimaad.

**Tilmaamaha Qalabka Xiiqda**  
**Qaadashada Budada Qalalan**  
**Dhiskus (6+ Sanadoo)**



1. Xidhan

2. Riix oo fur

3. Dhinac u riix  
oo kilig garee



**BREATHE OUT**

4. Dibada usoo  
neefso



**DEEP BREATH IN & HOLD**

5. Si hooseysa u neefso  
gudo kuna hay



**RINSE & SPIT**

6. Luqluqo oo tuf



**PUSH TO CLOSE**

7. Riix si ay  
uxidhanto

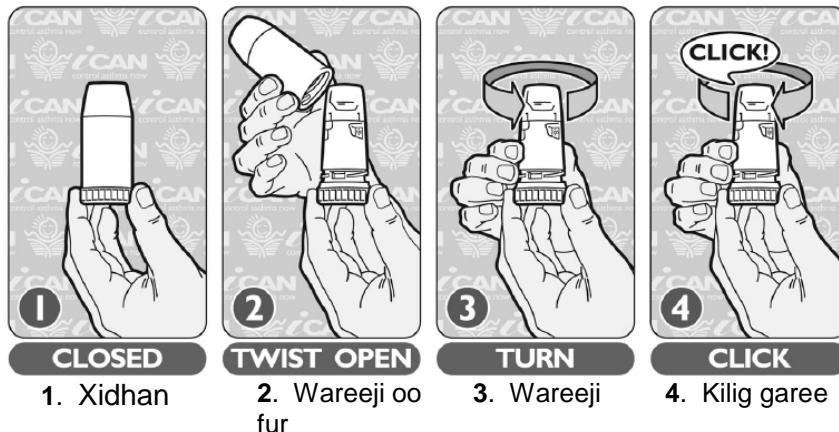
**MACLUUMAAD MUHIIM AH**

<b>Muuqaal</b>	<ul style="list-style-type: none"> <li>Ku xidh onlayn ahaan qalabka ee muuqaalada mudaharaadka:  <a href="https://ucalgary.ca/icancolorasthma/files/icancolorasthma/diskus_1.swf">https://ucalgary.ca/icancolorasthma/files/icancolorasthma/diskus_1.swf</a></li> </ul>
<b>Ogow</b>	<ul style="list-style-type: none"> <li>Dhig qalabka afka inta u dhaxaysa ilkahaaga oo isku xidh dibnahaagana (sidii inaad tuunbo nuugayso).</li> </ul>
<b>Madhan?</b>	<ul style="list-style-type: none"> <li>Daaqadu waxay leedahay lambaro lagu tirinayo qiyaasta – “0” waxay la micno tahay dhamaad. Iska tuur.</li> </ul>
<b>Dhacday?</b>	<ul style="list-style-type: none"> <li>Hubi taariikhda uu dhacayo kana eeg xaga danbe ee qalabka.</li> </ul>
<b>Xasuuisin</b>	<ul style="list-style-type: none"> <li>Ku ilaali Dhiskus inuu qalal naado.</li> <li>Haku neefsan qalabka dhexdiisa.</li> <li>Xidh markaad isticmaasho kadib.</li> <li><b>Nadiifin:</b> Ku masax qalabka afka ee xiiqda kiniinigis ama maro.</li> </ul>

*Qalabkan waxaa loo nashqadeeyey ujeedo macluumaad oo kali ah. Maaha in loo isticmaalo goobta talo bixinta caafimaad, tilmaamo iyo/ama dawayn. Haddii aad qabto su'aalo khaas ah, fadlan la tasho dhakhtarkaaga ama xirfadlayaasha ku haboon ee daryeelka caafimaad.*

## Tilmaamaha Qalabka Xiiqda

Qaadashada Budada Qalalan  
**Turbuhaylar (6+ Sanadoo)**



**CLOSED**

**TWIST OPEN**

**TURN**

**CLICK!**

1. Xidhan

2. Wareeji oo fur

3. Wareeji

4. Kilig garee



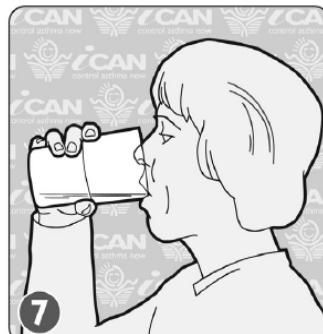
**BREATHE OUT**

5. Dibada usoo neefso



**DEEP BREATH IN & HOLD**

6. Si hooseysa u neefso  
gudo kuna hay



**RINSE & SPIT**

7. Luqluqo oo tuf



**TWIST TO CLOSE**

8. Wareeji si aad  
u xidho

### MACLUUMAAD MUHIIM AH

Muuqaal	<ul style="list-style-type: none"> <li>Ku xidh onlayn ahaan qalabka ee muuqaalada mudaharaadka: <a href="https://ucalgary.ca/icanccontrolasthma/files/icanccontrolasthma/turbuhaler_1.swf">https://ucalgary.ca/icanccontrolasthma/files/icanccontrolasthma/turbuhaler_1.swf</a></li> </ul>
Ogow	<ul style="list-style-type: none"> <li>Dhig qalabka afka inta u dhaxaysa ilkahaaga oo isku xidh dibnahaagana (sidiin inaad tuunbo nuugayso).</li> </ul>
Madhan?	<ul style="list-style-type: none"> <li>Daaqada qalabku waxay bilaabaysaa inay bixiso casaan marka ku hadhsanyihiin 20 xabo qiyaasta dawada.</li> <li>Marka daaqadu ay wada casaato, wey madhan tahay. Iska tuur.</li> <li>Qalabada qaar ayaa tusaya "0" marka ay madhan tahay. Iska tuur.</li> </ul>
Dhacday?	<ul style="list-style-type: none"> <li>Remove the cap to check the expiry date on the device.</li> </ul>
Xasuusin	<ul style="list-style-type: none"> <li>Ku ilaali Turbhaylar ka inuu qalal naado.</li> <li>Haku neefsan qalabka dhexdiisa.</li> <li>Kabadal qafaska markaad isticmaasho kadib.</li> <li><b>Nadiifin:</b> Ku masax qalabka afka ee xiiqda kiniinigis qalalan ama maro.</li> </ul>

*Qalabkan waxaa loo nashqadeeyey ujeedo macluumaad oo kali ah. Maaha in loo isticmaalo goobta talo bixinta caafimaad, tilmaamo iyo/ama dawayn. Haddii aad qabto su'aalo khaas ah, fadlan la tasho dhakhtarkaaga ama xirfadlayaasha ku haboon ee daryeelka caafimaad.*

## Tilmaamaha Qalabka Xiiqda

Qaadashada Budada Qalalan  
**Tuwistahayler (6+ Sanadoo)**



### MACLUUMAAD MUHIIM AH

<b>Ogow</b>	<ul style="list-style-type: none"> <li>Dhig qalabka afka inta u dhaxaysa ilkahaaga oo isku xidh dibnahaagana (sidii inaad tuunbo nuugayso).</li> </ul>
<b>Madhan?</b>	<ul style="list-style-type: none"> <li>Daaqadu waxay leedahay lambaro tirinaysa inta jeer ee qiyaasta dawada ee markaad furto qafaskaba.</li> <li>Marka ay madhan tahay, wey is qufulaysaa mana awoodid inaad wareejiso qafaska. Iska tuur.</li> </ul>
<b>Dhacday?</b>	<ul style="list-style-type: none"> <li>Taariikhda dhicistu waxay ku taalaa qafaska.</li> </ul>
<b>Xasuusin</b>	<ul style="list-style-type: none"> <li>Wareeji qafaska ilaa aadka maqasho cod “click” ah</li> <li>Haku neefsan qalabka dhexdiisa.</li> <li>Ku ilaali Tuwistahayler ka inuu qalal naado.</li> <li><b>Nadiifin:</b> Ku masax qalabka afka ee xiiqda kiniinjis qalalan ama maro.</li> </ul>

Qalabkan waxaa loo nashqadeeyey ujeedo macluumaad oo kali ah. Maaha in loo isticmaalo goobta talo bixinta caafimaad, tilmaamo iyo/ama dawayn. Haddii aad qabto su'aalo khaas ah, fadlan la tasho dhakhtarkaaga ama xirfadlayaasha ku haboon ee daryeelka caafimaad.

## Tilmaamaha Qalabka Xiiqda

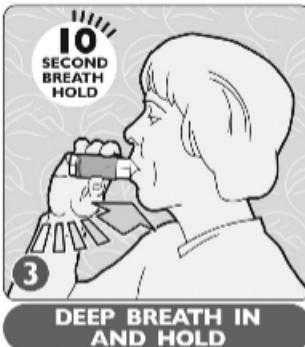
Qaadashada Budada Qalalan  
**Elibta**



**SLIDE OPEN AND HEAR "CLICK"**



**BREATHE OUT**



**DEEP BREATH IN AND HOLD**

1. U wareeji dhanka furista oo maqal "kilig"

2. Dibada usoo neefso

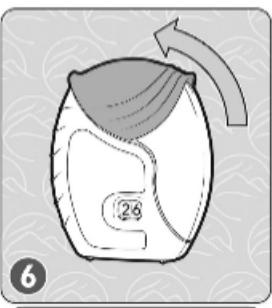
3. Si hooseysa u neefso gudo kuna hay



**DO NOT BLOCK AIR VENTS**



**BREATHE OUT**



**CLOSE INHALER**



**RINSE, GARGLE AND SPIT**

4. Ha xidhin dhuumaha hawada

5. Gudaha u neefso

6. Xidh neefqaadaha

7. Raaci luqluqasho oo tuF

### MACLUUMAAD MUHIIM AH

<b>Ogow</b>	<ul style="list-style-type: none"> <li>Dhig qalabka afka inta u dhaxaysa ilkahaaga oo isku xidh dibnahaagana (sidii inaad tuunbo nuugayso).</li> </ul>
<b>Madhan?</b>	<ul style="list-style-type: none"> <li>Daaqadu waxay leedahay lambaro tirinaya qiyaasta dawada</li> <li>"0" waxay la micno tahay wey madhan tahay. Iska tuur.</li> </ul>
<b>Dhacday?</b>	<ul style="list-style-type: none"> <li>Ka hubi taariikhda dhicista xaga danbe ee qalabka.</li> </ul>
<b>Xasuusin</b>	<ul style="list-style-type: none"> <li>Ku ilaali qalabka inuu qalal naado.</li> <li>Haku neefsan qalabka dhexdiisa.</li> <li>Maalin walba mid isticmaal – isku wakhti maalin kasta.</li> <li>Haku daboolin farahaaga dhuumaha hawada.</li> <li><b>Nadiifin:</b> Ku masax qalabka afka ee xiiqda kiniinigis qalalan ama maro.</li> </ul>

Qalabkan waxaa loo nashqadeeyey ujeedo macluumaad oo kali ah. Maaha in loo isticmaalo goobta talo bixinta caafimaad, tilmaamo iyo/ama dawayn. Haddii aad qabto su'aalo khaas ah, fadlan la tasho dhakhtarkaaga ama xirfadlayaasha ku haboon ee daryeelka caafimaad.

## Tilmaamaha Qalabka Xiiqda Buufin Buufiska Sanka (Da' kasta)



### MACLUUMAAD MUHIIM AH

Dhacday?	<ul style="list-style-type: none"> <li>Ka hubi taariikhda dhicista halkay ayku qoran tahay.</li> </ul>
Xasuusin	<ul style="list-style-type: none"> <li>Talaabada 3: <ul style="list-style-type: none"> <li>Dhig caarada buufiska sanka daloolada sankaaga.</li> <li><b>Ujeedi caarada dhanka dhegtaada dhinac isku mid ah.</b></li> <li>Ku xidh daloolka kale ee sanka fartaada.</li> <li><u>Ha hindhisin ama afuufin sankaaga ilaa daqiqigado</u> kadib markaad ku buufiso si qiiqu fursad ugu helo in la nuugo.</li> <li>Kiniinigis ku qabo sankaaga hoostiisa.</li> </ul> </li> <li>Buufiskani wuxuu ku shaqeeya si wanaagsan haddii si maalinle ah loo qaato ugu yaraan dhowr todobaad.</li> <li>U isticmaal sida laguugu qoray.</li> <li>Ku kaydi heerkul dhexdhedaada, kana fogee falaadhaha laydhka tooska ah.</li> <li><b>Nadiifin:</b> Tix-raac tilmaamaha ku xusan buufiska sanka.</li> </ul>

*Qalabkan waxaa loo nashqadeeyey ujeedo macluumaad oo kali ah. Maaha in loo isticmaalo goobta talo bixinta caafimaad, tilmaamo iyo/ama dawayn. Haddii aad qabto su'aalo khaas ah, fadlan la tasho dhakhtarkaaga ama xirfadlayaasha ku haboon ee daryeelka caafimaad.*

Qorshaha Tallaabada yar ee Neefta: \_\_\_\_\_

Taariikhda: \_\_\_\_\_

Goolka:



**Xakamaynta (Maalin kasta)**

	# of Puffs		# of Puffs

Somali

Dawada	/	Qiyaasta	/	Midabka
	/		/	
Dawada	/	Qiyaasta	/	Midabka

**Dajye (Marka aad u baahato)**

	# of Puffs

Dawada	/	Qiyaasta	/	Midabka
	/		/	
Dawada	/	Qiyaasta	/	Midabka

**Xakameeye (# of days)**

	# of Puffs		# of Puffs

Dawada	/	Qiyaasta	/	Midabka
	/		/	
Dawada	/	Qiyaasta	/	Midabka

**Dejiye (Waad isticmaali kartaa 4tii saacadoodba mar)**

	# of Puffs

Dawada	/	Qiyaasta	/	Midabka
	/		/	
Dawada	/	Qiyaasta	/	Midabka

U tag dhakhtar haddii aanad caadi dareemayn 2-3 maal mood



Dhakhtar u tag sida ugu dhasiyaha badan haddii:

- Calaamahdah xiiqdaadu aanay soo wanaagsanaanayn, xitaa haddii aad dawooyin badan cuntay
- Aad had iyo u baahato dawadaada dejiyaha



**Tag Xaalad deg-deg ah haddii:**

- Dawada dejiyaha aanay kugu raagayn ugu yaraan 3 saacadoo
- Maqaarka hoose ee qoorta, udhaxaysa feedhaha am aka hoosaysa lafta naasaha soo jido neefsashada
- Caruurto aysan haystaan tamar ay ku ciyaraan ama ku wareegaan
- Nuunuuyadu diidaan inay wax cunaan ama cabaan



**U yeedh ambalaaska gurmadka:**

- Calaamado aad u khatar badan – si xowli ah u neefsanaya, neefsasho raadinaya, ku adagtahay hadalku, dibnaha ama faruhu midabeeyaan
- Sii dawada dejinta dhowrkii daqiqaba ka dib ilaa kuwa badbaadu kusoo gaadhayaan
- Ku qanci ilmahaaga inuu isku dayo in uu isdejijo ilaa caawimadu kusoo gaadhayo



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[www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)

Health Advice 24/7