

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

Goolka: \_\_\_\_\_



**Xakamaynta (Maalin kasta)**

# of Puffs  # of Puffs

Dawada / Qiyaasta / Midabka

Dawada / Qiyaasta / Midabka

**Dajiye (Marka aad u baahato)**

# of Puffs

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

U tag dhakhtar haddii aanad caadi dareemayn 2-3 maalmood

**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 jiido neefsashada
- Caruurto aysan haystaan tamar ay ku ciyaaraan 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 daqiiqaba ka dib ilaa kuwa badbaadadu kusoo gaadhayaan
- Ku qanci ilmahaaga inuu isku dayo in uu isdejiyo ilaa caawimadu kusoo gaadhayso



Somali

JULY 2016

# My Asthma Calendar

Month: \_\_\_\_\_ Name: \_\_\_\_\_

Goal: \_\_\_\_\_

Use this calendar to record:



Your asthma symptoms



When you take your medicine(s)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Remember to bring all your asthma medicine and devices to every asthma appointment, even if you are not taking them right now.

For more information visit [www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)

