

Tilmaamaha Qalabka Xiiqda

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

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



1

OPEN

1. Fur



2

SHAKE

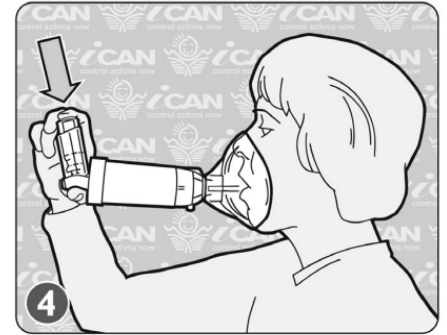
2. Rux



3

INSERT

3. Gali



4

PRESS DOWN

4. Hoos u riix



5

BREATHE IN & OUT

5. Neefso gudo iyo dibad



6

REMINDER

6. Xasusin



7

DRINK OR BRUSH TEETH

7. Cab ama caday ilkaha

MACLUUMAAD MUHIIM AH

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

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

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

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



1

OPEN

1. Fur



2

SHAKE

2. Rux



3

INSERT

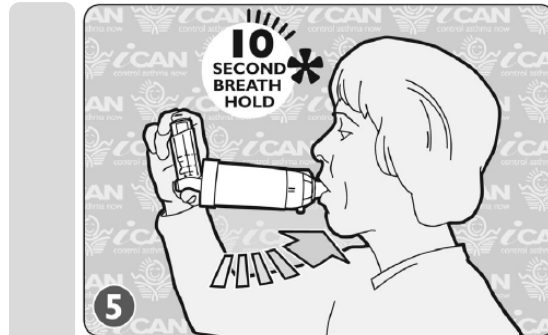
3. Gali



4

PRESS DOWN

4. Hoos u riix



5

SLOW DEEP BREATH IN & HOLD

5. Aadyar hooseysa u neefso gudo kuna hay



6

REMINDER

6. Xasuusin



7

DRINK OR BRUSH TEETH

7. Cab ama caday ilkaha

MACLUUMAAD MUHIIM AH

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

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+ Sanadood)



1
CLOSED

1. Xidhan



2
PUSH OPEN

2. Riix oo fur



3
SLIDE & CLICK

3. Dhinac u riix oo kilig garee



4
BREATHE OUT

4. Dibada usoo neefso



5
DEEP BREATH IN & HOLD

5. Si hooseysa u neefso gudo kuna hay



6
RINSE & SPIT

6. Luqluqo oo tuf



7
PUSH TO CLOSE

7. Riix si ay uxidhanto

MACLUUMAAD MUHIIM AH

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

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+ Sanadood)



CLOSED

1. Xidhan



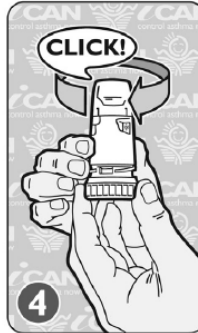
TWIST OPEN

2. Wareeji oo fur



TURN

3. Wareeji



CLICK

4. Kilig garee



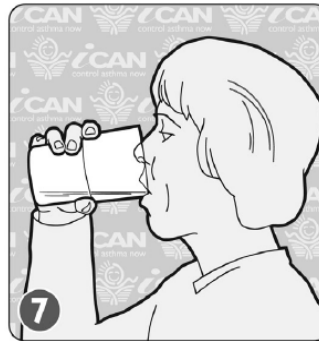
BREATHE OUT

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

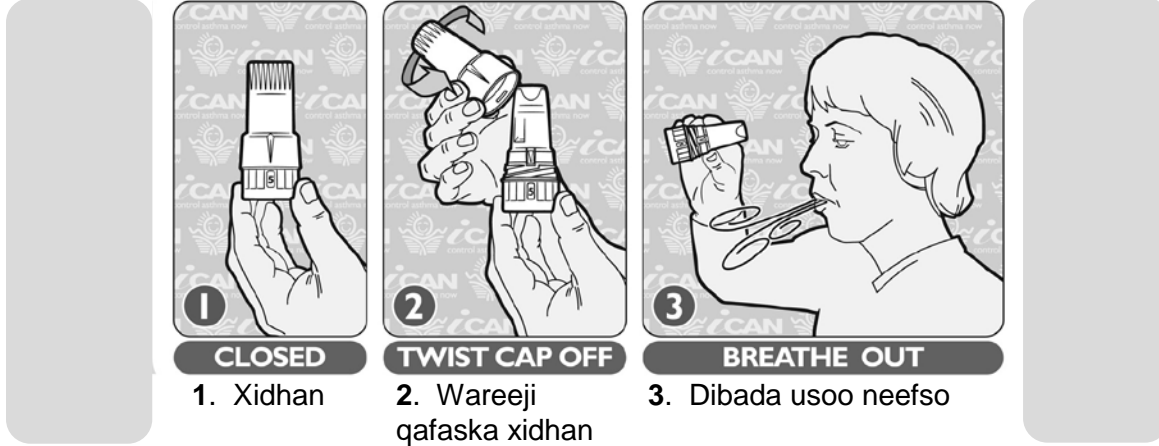
Muuqaal	<ul style="list-style-type: none"> Ku xidh onlayn ahaan qalabka ee muuqaalada mudaharaadka: https://ucalgary.ca/icancontrolasthma/files/icancontrolasthma/turbuhaler_1.swf
Ogow	<ul style="list-style-type: none"> Dhig qalabka afka inta u dhaxaysa ilkahaaga oo isku xidh dibnahaagana (sidii inaad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

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+ Sanadood)



MACLUUMAAD MUHIIM AH

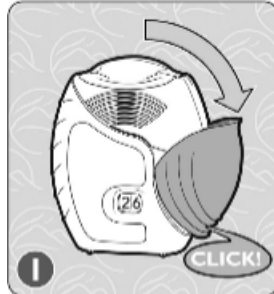
Ogow	<ul style="list-style-type: none"> Dhig qalabka afka inta u dhaxaysa ilkahaaga oo isku xidh dibnahaagana (sidii inaad tuunbo nuugayso).
Madhan?	<ul style="list-style-type: none"> Daaqadu waxay leedahay lambaro tirinaysa inta jeer ee qiyaasta dawada ee markaad furto qafaskaba. Marka ay madhan tahay,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

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



1 SLIDE OPEN AND HEAR "CLICK"

1. U wareeji dhanka furista oo maqal "kilig"



2 BREATHE OUT

2. Dibada usoo neefso



3 DEEP BREATH IN AND HOLD

3. Si hooseysa u neefso gudo kuna hay



4 DO NOT BLOCK AIR VENTS

4. Ha xidhin dhuumaha hawada



5 BREATHE OUT

5. Gudaha u neefso



6 CLOSE INHALER

6. Xidh neefqaadaha



7 RINSE, GARGLE AND SPIT

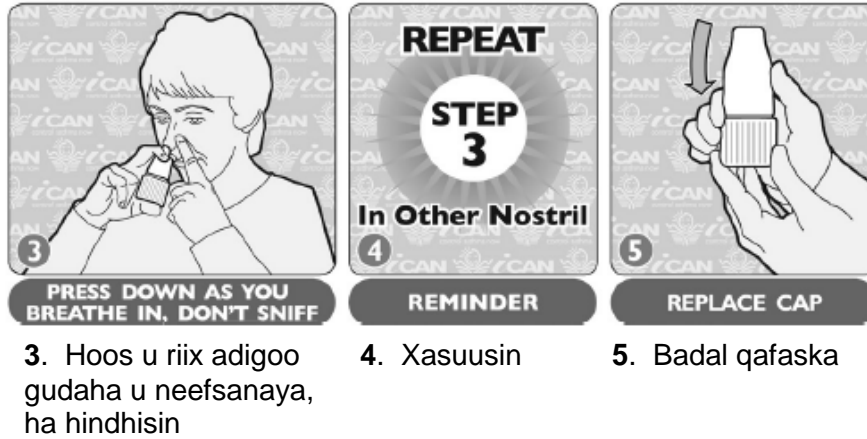
7. Raaci luqluqasho oo tuF

MACLUUMAAD MUHIIM AH

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

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

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.