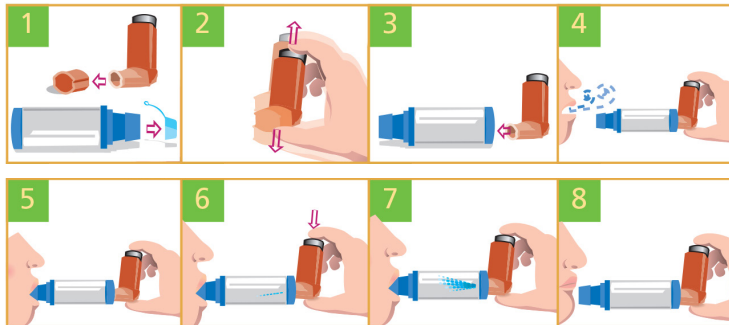


Sida loo isticmaalo

MDI
(Nuugaha)

Ileh
Qafaska



Sawirka © Asthma Society of Canada

1. Ka saar daboollada nuugaha iyo qafaska
2. Gilgil nuugaha 5 ilbiriqsi
3. Geli nuugaha qafaska
4. Hawo kasoo afuuf sambabbada
5. Geli qafaska afka, adiga oo ku awda bushimaha hareeraha afka qafaska
6. Hoos u tuuji nuugaha hal mar

7. U Neefso si QUNYAR OO ILAA GUDAHA AH OO ISKU QABO NEEFTA INTAAD KA TIRINAYSO ILAA 10. Waa inayna jirin cod sida foodhida oo kale ah!
8. Si caadi ah u neefsato oo sug ugu yaraan 15 ilbiriqsi kahor intaadan samay ka xiga

Xusuuso inaad diyaariso Nuugaha (MDI)

- Diyaarintu waa samaynta buufinno tijaabino ah si dawada kor loogu soo kaxeeyo ka hor intaadan nuugin.
- Sidaa u diyaari nuuguhu markuu cusub yahay ama marka aan la isticmaalin muddo dhowr maalmood ama toddobaadyo ah.
- Daboolka ka saar nuugaha, gilgil oo ka saar laba buufimo oo oogada aad ka fogaynayso.
- Ka kahriso warqadda dwada la socoda inta jeer ee buufinta tababbarka aad samaynayso iyo inta jeer aad diyaarinayso.

Nuugaha iyo qafaskaba nadiif ahaanta ugu dadaal

- Nadiifiso qafaskaaga hal jeer toddobaadkii adiga oo ku dhaqa biyo diirran oo leh saabuun khafiif ah. Biyo ka raaci, kaddibna hawada ku engeji.
- Nadiifi qaybta nuugahaaga ee caagga ah marar badan. Ka eeg warqadda dawada la socota sida loo nadiifiyo.

11/19
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