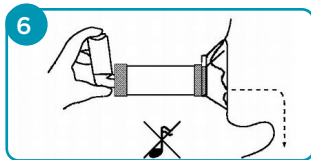
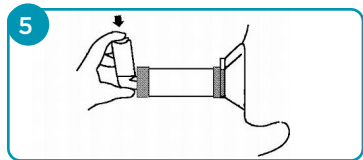
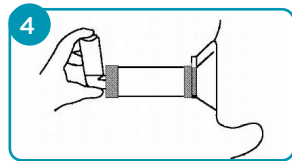
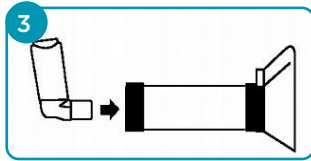
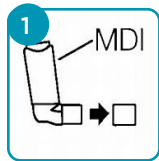


Sida Aad u Isticmaalayso Qalabkaaga MDI (neef bixiyaha) ee leh Durkiyaha (Spacer) iyo Maaskarada



1. Neef bixiyaha (inhaler) iyo durkiyaha (spacer) daboollada ka saar.
2. Neef bixiyaha rux muddo 5 ilbiriqsi ah.
3. Neef bixiyaha geli durkiyaha.
4. Neefta si buuxda dibadda ugu saar ka dibna maaskarada sanko iyo afka saar oo si fiican ugu xir.
5. Neef bixiyaha hal jeer hoos u riix.
6. Si caadi ah ugu neefso 3 ilaa 6 jeer si aad durkiyaha u faaruqiso. Neefsashadaada hoos u deji haddii aad dhawaaqa seeriga maqasho.

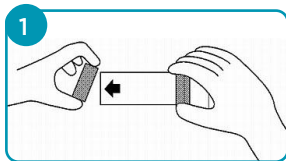
7. Maaskarada ka saar wajiga ilmaha oo 15 ilbiriqsi sug.
8. Neef bixiyaha rux ka dibna tallaabada 4 ka bilow ka hor buufin kastoo dheeraad ah.
9. Marka aad dhammayso maro qoyan ku masax haragga ku hareersan ilmaha afkiisa.

Xasuuso in aad diyaar garayso qalabkaaga MDI

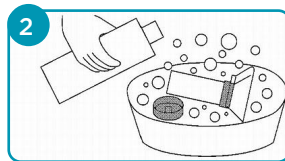
- Diyaar garayntu waa samaynta buufisyo aad ku baranayso si aad daawada u soo kiciso ka hor inta aadan neefta ku nuugin.
- Diyaar garee marka neef bixiyuhu wada cusub yahay ama marka aanan la isticmaalin dhowr maalmood ama toddobaad.
- Daboolka ka qaad qalabka MDI, neef bixiyaha rux, ka dibna ku samee buufisyo aad ku baranayso oo aad jirka dhinaca kale uga jeedinayso.

Nadaafad ku hay qalabkaaga MDI iyo durkiyahaaga

- Durkiyahaaga toddobaadkiiba mar nadiifi:



1. Caagga galoolan ka saar durkiyaha dabadiiisa. Ha ka saarin maaskarada.



2. Ku mayr biyo diiran iyo saabuun weel oo dabacsan. Biyo ku dhaqdaq, ka dibna hawada ku engeji.

- Qalabkaaga MDI ee caag ah badi nadiifi. Fiiri warqadda daawada la socota si aad u ogaato sida aad u nadiifinayso.