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**Helping Hand™**

*Health Education for Patients and Families*

## **Cirbad Aaladeedka Ootamaatiga ah ee Epinephrine ee loo adeegsado Falcelinada Xasaasiyada Daran (Adrenaclick®, Auvi-Q®, EpiPen®, Symjepi®)**

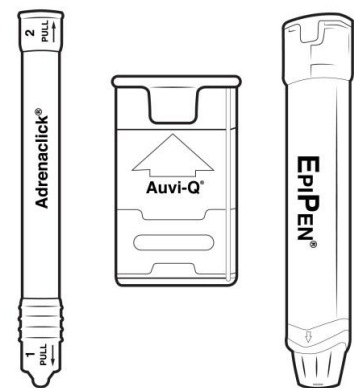
### **Epinephrine Auto-Injectors for Severe Allergic Reaction (Adrenaclick®, Auvi-Q®, EpiPen®, Symjepi®) (Somali)**

Cirbad aaladeedka Epinephrine waa aalado ay kujiraan epinephrine (ep eh NEF rin). Daawadaan waxaa lagu daweeeyaa falcelinada xasaasiyada daran ee loo yaqaan anaphylaxis (an uh ful LAK sis). Marka canug uu taabto wax uu xasaasiyad ku qabo, xasaasiyad ayaa caadiyan isla markiiba ku kacaysa, 30 illaa 60 daqiiqo gudahood.

#### **Marka la isticmaalayo**

Isticmaal daawadaan (Sawirka 1) aad si aad ugu joojiso falcelinada xasaasiyada. Falcelinada xasaasiyada waxaa inta badan laga qaadaa baalasha, cuntada ama daawooyinka. Qaar kamid ah astaamaha falcelinta xasaasiyada aadka u xun waxaa kamid noqon kara:

- dhibaato aad ku qabto neefsiga
- ciriiri, xabeeb ama cunna xanuun
- hiraanhirka qufaca joogtada ah ama yaraanshaha neefta
- madax dilaan, suuxdinta, garaaca wadnaha ama cadaadiska dhiiga oo hooseeya
- carabka oo barara, hadalka shid-shid ama aagaga u dhaw bishimada oo noqda buluug.



**Sawirka 1** Aalada sida ootamaatiga ah la isku duro ee Epinephrine

- bararka daran ama cuncunka daran ee wajiga, dhakada, gacmaha ama lugaha ama muuqaalka finan badan oo kasoo baxa guud ahaan jirka. (Waxaa laga yabaa inaad u baahan daawada epinephrine kaliya haddii aad qabto aysan wehlin astaamaha kale ee xasaasiyada.)
- matag (labo) oo ku qabta hal waqti ama in kasii badan ama calool xanuunka daran

## Sida loo isticmaalo cirnada daawada epinephrine

- Cirbad kasta oo ah daawada epinephrine waxay u shaqeysaa si kuwa kale ka duwan. **Marwalba hayso cirbado.** Tilmaamaha waxay ku qoran yihiin cirbad kasta sidoo kale waxaa laga heli karaa oonleenka. Fadlan booqo webseedka si aad u akhrido: haddii aad dooneyso **Adrenaclick:** [www.adrenaclick.com](http://www.adrenaclick.com); haddaad dooneyso **Auvi-Q:** [www.auvi-q.com](http://www.auvi-q.com); haddaad dooneyso **EpiPen(Jr):** [www.epipen.com](http://www.epipen.com); haddaad dooneyso **Symjepi:** [www.symjepi.com](http://www.symjepi.com).
- **Raac tilmaamaha caafimaadka** ee ku qoran daawada lagu qoray. Ma lahan daawo ama cirbad. Baro sida loo isticmaalo **ka hor** inta aysan degdeg jirin. Bar qof kasta sida (qaraabada, daryeelaha ilmaha ama macalin) oo daryeela ilmahaaga goorta iyo sida loo isticmaalo aalada cirbada ee sida ootamaatiga ah la isku duro.
- **Kuurada** laga qaadanaayo waxay ku xiran tahay culeyska qofka nooca aalada cirbada sida ootamaatiga ah la isku duro ee loosoo qoray.
  - Summad walba waxay sameysaa 2 tayoooyin: 0.15mg iyo 0.3mg
  - Auvi-Q sidoo kale waxay sameysaa 0.1mg garoojadii.
- **Siinta cirbada:**
  - Aalad kasta oo cirbada sida ootamaatiga ah la iskugu duro waxay leedahay tilmaamo gaar ah.
  - Ku dur bowdada dhexdeeda (Sawirka 2 aad).
  - Qofka qaadanaaya cirbada waa inuu fadhiyaa ama jiifaa inta lagu jiro durida ama kadib.
  - Haddii la siiyo epinephrine canug, si degan lugta u qabo ka hor iyo inta lagu jiro durida si looga hortago dhaawacyada.
  - Epinephrine waxaa qofka lagu duri karaa asagoo qaba dhar.
- **MARWALBA SOO WAC 9-1-1 KADIB MARKAAD ISTICMAASHID EPINEPHRINE.** Daawadu waxay biloowdaa inay suusho 20 illaa 30 daqiiqo, waxaana laga yaabaa in xasaasiyadu soo noqoto. Kuurada labaad ayaa la siin karaa 5 illaa 10 daqiiqo haddii canugaaga uusan wanaagsaneyn inta gargaarku imaan. Caagaga neefta, sida



**Sawirka 2** Aaga bowdada (aaga gareeyga leh) si aad u saartid qalinka oo aad ugu durtid daawada.

albuterol iyo antihistamines (Benadryl®), ma daaweyn doonto falcelinada xasaasiyada. Waxaad siin kartaa iyaga **kadib** markii epinephrine la isticmaalo.

## **Baraha muhiimka ah ee la xasuusto**

- **Mar walba hayso aalada cirbada ootamaatiga ah ee eppinephrine** sababtoo ah ma garan kartid xiliga aad la kulmi karto xasaasiyada.
- **Sababaha caadiga ah ee ugu badan dhimashada xasaasiyada daran waa sugitaanka muddo dheer ee lagu isticmaalayo epinephrine inta lagu jiro falcelinta xasaasiyada iyo aadan haysan duraha.** Haddii aad qabto su'aalo, hubi inaad waydiiso dhakhtarkaaga ama farmashiilahaaha.
- Haku keydin aalada cirbada ootamaatiga ah farantijeerka ama gaari kulul. Ku joogtey heer kululka caadiga ah. Daawada biyaha ee ku jirto cirbada waa in la cadeeyaa. Haddii midabkeedu is badelo ama ay leedahay baro sabeynayo, soo qaado cirbad cusub.
- **Hubi taariiqda dhacitaanka.** U sheeg dhakhtarka ama kalkaalisada marka aad u baahan tahay inaad daawo hesho.
- Arag dhaqyarka xasaasiyada haddii canugaaga qabo falcelinada xasaasiyada daran ama u baahanyahay epinephrine.
- Carruurta qaba falcelinada xasaasiyada ee aadka u daran waa inay xirtaan aqoonsiga gacanta lagu xirto ama qoorta la gashto ee ah digniinta caafimaadka. Waxaad aqoonsiyadaan ka heli kartaa inta badan farmashiyada.
- **Haddii canugaaga ku qabo falcelinada xasaasiyada daran ee daawadaan, ka soo wac Xarunta Sunta Central Ohio** ee 1-800-222-1222 (TTY 866-688-0088). Waxay kuu sheegi doonaan waxa ay tahay inaad sameyso.