



NATIONWIDE CHILDREN'S

When your child needs a hospital, everything matters.™

Helping Hand™

Health Education for Patients and Families

Caagaga daawada lagu dhuuqo: Aalada caawisa caaga daawada

Inhalers: Spacers (Somali)

Daawooyin badan oo gacan ka geysta fududeynta neefta waxaa lagu qaataa caaga daawada la dhuuqo. Caaga daawada lagu dhuuqo waa in si sax ah loo isticmaali, haddii kale daawada ma gaari doonto sambabada cunugaaga si uu ugu caafimaado. Aalada caawisa caaga daawada lagu dhuuqo waa aalad gacan ka geysata in daawadu gaarto sambabada. Waxay daawada ku haysaa caaga daawada lagu dhuuqo illaa uu qofku ka bilaabaayo inuu neefsado. Marka qofku uu neef qaato, daawadu waxay gaartaa sambabada. **Mar walba isticmaal aalada caawisa caaga daawada lagu dhuuqo, adoon eegeyn da'da ilmahaaga.**

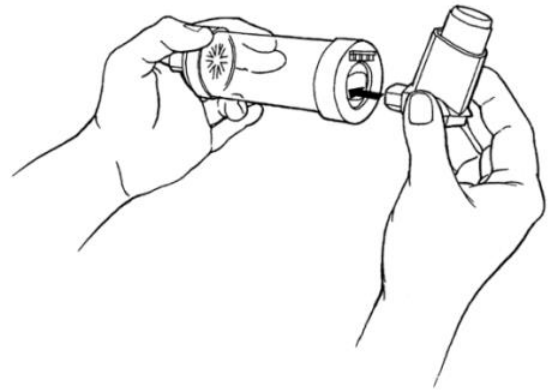
Waxaa jira aalado badan oo ah aalada caawisa caaga daawada lagu dhuuqo oo u shaqeeya qaabab kaladuwan. Xogtaan waxaa lagu sharaxayaa nooca aalada caawisa caaga daawada lagu dhuuqo ee lagu isticmaalo isbitaalkaan. Haddii aaladaada caawisa caaga daawada lagu dhuuqo ay ka duwan tahay mida lagu qeexay halkaan, waydii sida loo isticmaalo dhakhtar, dakhtar qaabilsan cudurada neefmareenada ama farmashiile. Raac tilmaamaha aalada caawisa caaga daawada lagu dhuuqo ee uu dakhtarkaagu kusoo jeediyay.

MUHIIM: Daawadaan haka qaadan in ka badan inta dakhtarku kusoo qoray. Haddii aad qabto wax su'aalo ah, ama haddii caaga daawada lagu dhuuqo uusan kuu caawineyn qaabkaad ka filaysay, la xariir dakhtarkaaga.

Sida loo isticmaalo

1. Fiiri si aad u hubiso in aalada caawisa daawada lagu dhuuqo tahay mid nadiif ah. Fadlan ka akhri bogga 2 aad sida loo nadiifiyo aalada caawisa caaga daawada lagu dhuuqo.
2. Saar daboolka aalada daawada lagu dhuuqo iyo qaybta hore ee aalada caawisa caaga daawada. Haddii caaga daawada lagu dhuuqo uu cusub yahay horeyna aan loo soo isticmaalin, xaqiiqi inaad hubiso inay si fiican u shaqeyneyso amma tijaabi aalada neefta lagu dhuuqo si daawadu usoo baxdo. Si aad u hubiso inuu shaqeynaayo caaga daawada lagu dhuuqo, rux kadibna 4 jeer hoos u riix. Hawada ku buufi daawada.

3. Geli afka hore ee caaga daawada lagu dhuuqo dabada u eg wareega cinjirka ee qaybta dambe ee aalada caawisa caaga daawada lagu dhuuqo (Sawirka 1 aad).
4. Si fiican u qabo caaga daawada lagu dhuuqo iyo aalada caawisa caaga daawada lagu dhuuqo. Si dhaqso ah u rux muddo 10 sikin ah.
5. Gees madaxaaga u jeedi kadibna neefso.
6. Afka ku qabo qaybta afka la geliyo ee aalada caawisa caaga daawada lagu dhuuqo (Sawirka 2 aad).
7. Si degan u riix caaga daawada lagu dhuuqo si uu u siidaayo in yar oo daawo ah (Sawirka 2).
8. Si **aayar ah oo degan** u qaado neef illaa intaad ka qaadnayso neef buuxda. Haddii aad cod foori camal ah ka maqasho aalada caawisa caaga daawada lagu dhuuqo, markaas tartiibi. Waxaad u neefsanaysaa si degdeg ah.
9. Neefta isku dheji kadibna tiri tiro illaa 10 ah adoo u tirinaaya si tirtiirb ah. Markaas kadib, si aayar ah u neefso.
10. Haddii dakhtarku uu kusoo qoray wax ka badan hal daaawo qaadasho, sug ugu yaraan 60 sikin kadibna ku celi tallaabooyinka 4 illaa 9 aad.



Sawirka 1 aad Geli caaga daawada lagu dhuuqo qaybta dambe ee aalada caawisa qalabka neefta.



Sawirka 2 aad Hoos u riix si aad u sii deyso hal kuuro oo daawo ah. Qaado neef oo isku celi neefta.

Nadiifinta aalada caawisa caaga daawada lagu dhuuqo

1. Muddo asbuuciiba hal mar ah, gadaal ka saar qaybta dambe ee haysa aalada caawisa caaga daawada lagu dhuuqo. Qaybta dambe ee aalada waxay u eg tahay cinjir wareegsan.
Ha bixin qaybta dambe ee aalada.
2. Saar daboolka ilaalinaaya qaybta danbe ee aalada.
3. Ku rid aalada caawisa caaga daawada lagu dhuuqo iyo qaybta dambe saqafka kore ee mashiinka lagu dhaqo weelasha AMA ku qooy dhammaan qalabyada saxan ay kujiraan biyo kulul, oo saabuun leh. Isticmaal saabuunta wax lagu dhaqo si aad meesha oga saarto wixii wasakh ah. Ha isticmaalin marada wax lagu nadiifiyo ama buraash si aad ugu nadiifiso.
4. Si aad u biyo raaciso, ku foorari aalada caawisa caaga daawada lagu dhuuqo iyo qaybta dambe ee aalada saxanka biyaha, biyo kulul adoo sidaas u sameynaaya si degan (Sawirka 4 aad). Ha isticmaalin biyo qulqulaaya. Cadaadiska biyaha waxay waxyeelo u geysan karaan qalfoofka aalada caawisa caaga daawada lagu dhuuqo.

5. Biyaha yaryar si taxadar leh oga firdhi kadibna agabyada dhig meel nadiif ah si ay u qalalaan. **Haku qalajin hana ku tirtirin dharka wax lagu tirtiro.**
6. Hubi in aalada caawisa caaga daawada lagu dhuuqo ay si buuxda u qalalan tahay. Isku dheji qalabka dambe ee aalada iyo daboolka.

Talooyin kale

Haddii aalada caawisa caaga daawada lagu dhuuqo waxyeeloowdo ama dhunto, fadlan u sheeg dakhtarka cunugaaga. Waxaa lagu qori karaa mid cusub. Aalada caawisa caaga daawada lagu dhuuqo waxaa laga heli karaa inta badan farmashiyaasha iyo qaar kamid ah xaafiisyada dakhtarada iyo xarumaha caafimaadka.



Sawirka 4 aad Nadiifi aalada kaalmaatiga caaga daawada lagu dhuuqo iyo qalabka dambe ee aalada hal mar asbuucii adoo adeegsanaayo midkood gacantaada ama saqafka mashiinka weelasha lagu dhaqo.