

Caaga daawada lagu dhuuqo: Aalada caawisa caaga daawada lagu dhuuqo oo wadata Maaskaro

Inhalers: Spacers with Mask (Somali)

Daawooyin badan oo gacan ka geysta fududeynta neefta waxaa lagu qataa 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 tallooyinka aalada caawisa caaga daawada lagu dhuuqo ee uu dakhtarkaagu kusoo jeediyay.

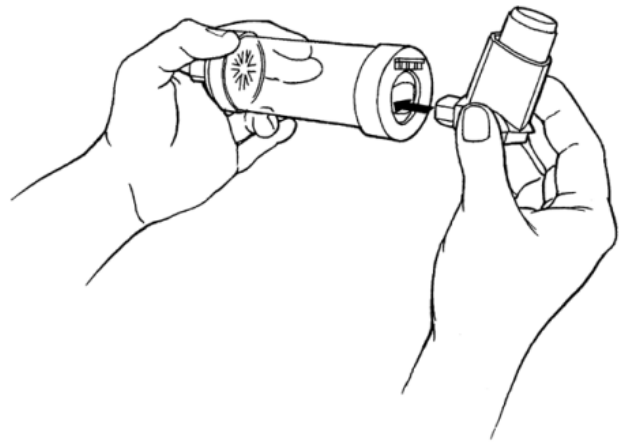
XOG MUHIIM AH: Daawadaan haka qaadan in ka badan inta dakhtarku kusoo qoray. Haddii aad qabto wax su'aalo ah, ama haddii qalabka neefta uusan kuu caawineyn qaabkaan ka filanaysay, la xariir dakhtarkaaga.

Sida loo isticmaalo

1. Fiiri si aad u hubiso in aalada caawisa daawada lagu dhuuqo tahay mid nadiif ah. Haddii aysan nadiif ahayn, fadlan bogga 2 aad ka fiiri sida loo nadiifiyo maaskarada.

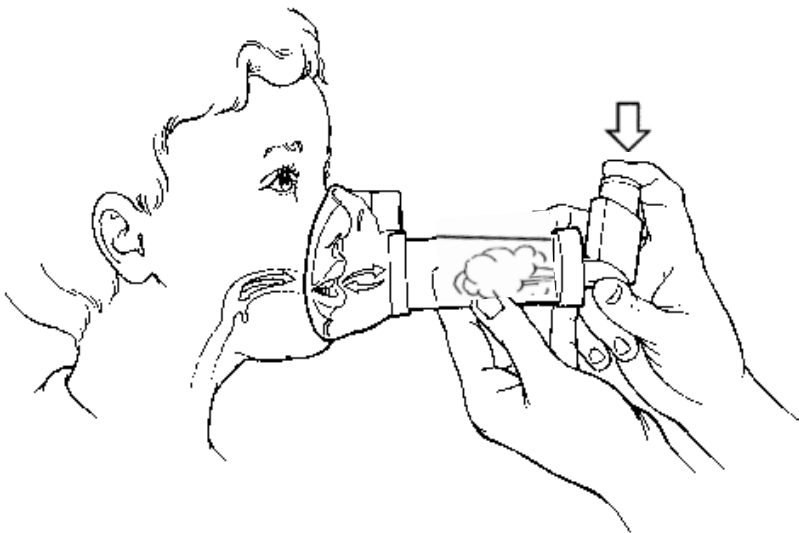
2. Daboolka ka qaad caaga daawada lagu dhuuqo. Haddii caaga daawada lagu dhuuqo aan horey marna loo isticmaalin ama aan la isticmaalin muddo ka badan 2 asbuuc ama in kasii badan, hubi inay shaqeynyso (ama qashinka kudar) caaga daawada lagu dhuuqo si aad daawadu usoo baxdo.

Si aad u hubiso inuu shaqeynaayo caaga daawada lagu dhuuqo, rux kadibna 4 jeer hoos u riix. Hawada ku buufi daawada.



Sawirka 1 Geli caaga daawada lagu dhuuqo aalada caawisa qalabka neefta.

3. Geli afka hore ee caaga daawada lagu dhuuqo cinjirka furan 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 habboon u rux muddo 10 sakin ah.
5. Si fiican ugu xir maaskarada wajiga si uu u daboolo sanku iyo afka. Xaqiiji in maaskarada iyo wajiga ay si fiican isku qabsanayaan. Hawada geesaha ka baxda waxay kaa hor istaagaysaa inaad hesho daawo kugu filan. Qalfoofka wuxuu kaa caawinayaa inaad si caadi ah u neefsato marka maaskaradu si fiican meesha ugu dhegan tahay.
6. Si degan u riix caaga daawada lagu dhuuqo si uu u siidaayo in yar oo daawo ah (Sawirka 2).
7. Qaado neef siina daar muddo 6 illaa 8 jeer ah.
8. Haddii dakhtarku kusoo qoray wax ka badan hal jeer oo daawo yar laga sii deynaayo caaga daawada lagu dhuuqo, sug ugu yaraan 60 sakin kadibna ku celi tallaabooyinka 4 illaa 7 aad.



Sawirka 2 Hoos u riix si aad u sii deyso hal kuuro oo daawo ah.

Nadiifinta aalada caawisa caaga daawada lagu dhuuqo oo wadata maaskaro

1. Muddo hal mar ah asbuucii, gadaal ka saar qaybta dambe ee haysa aalada caawisa caaga daawada lagu dhuuqo iyo maaskarada. Qaybta dambe waxay u ekaan doontaa cinjir wareegsan.
2. Ku rid aalada caawisa caaga daawada lagu dhuuqo, qaybta dambe iyo maaskarada mashiinka lagu dhaqo weelasha ee saqafka kore 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 wax lagu xoqo si aad ugu nadiifiso (Sawirka 3).
3. Si aad u biyo raaciso, ku foorari aalada caawisa caaga daawada lagu dhuuqo, qalabka dambe iyo maaskarada saxan ay kujiraan biyo kulul, oo nadiif ah adoo sidaas u sameynaaya si degan. Ha isticmaalin biyo qulqulaaya. Cadaadiska biyaha waxay dhib ku keeni karaan qalfoofka aalada caaga daawada lagu dhuuqo.
4. Biyaha yaryar ka firdhi kadibna dhig meel nadiif ah si ay u qalasho. **Haku qalajin dharka wax lagu tirtiro.**
5. Hubi in aalada caawisa caaga daawada lagu dhuuqo ay si buuxda u qalalan tahay. Isku dheji qalabka dambe ee aalada iyo maaskarada.



Sawirka 3 Nadiifi aalada caawisa caaga daawada lagu dhuuqo, qalabka dambe ee aalada iyo maaskarada hal mar asbuucii adoo adeegsanaayo midkood gacantaada ama saqafka mashiinka weelasha lagu dhaqo.