

Iska ilaalinta neefta waxa kiciya (Somali)

Maxay yihiin neef kiciyaashu?

Waxayaabaha kugu kicin kara ama kaaga sii dari kara hadii ay neef ku hayso. Kiciyaasha neefta waxaa ka mid ah hargebka (viral respiratory infection), xasaasiyadaha (dhirta budada ka soo duusha), xayawaanada guri jooga ah, sigaarka, dhibayaasha (ur xoog badan), hawada oo isbadasha (hawa qaboow), ama gimicsi.

Aad iyo aad bay muhiim u tahay in aad baratid waxa ku kicin kara ilmahaaga neefta. Ka fogaanta kiciyayaasha neefta, waxay yarayneysaa in ay neef ku kacdo ilmahaaga iyo in u ubaahdo daawo. Qof walba wax gaar ah ayaa ku kiciya neefta. Si uu kuu cawino takhtarka, waydii waxyaabaha neefta ku kicin kara ilmahaaga.

Hoos waxaa ku qoran wax yaalaha neefta kiciya (kiciyeyaasha) iyo siyaabaha looga fogaado.

Hargabyo

Hargabyo iyo jirooyinku waa neef kiciyayaal guud, khaas ahaan carruurta. Siyaabaha aad isaga ilaalin kartid hargabka waxaa ka mid ah:

- Sifiican u dhaq gamaha, marar badana dhaq.
- Isticmaal shukummaano yar yar oo kala duwan, maryaha yar yar oo wax lagu dhaqo ama warqada afka lagu tirtirto marka aad joogtid guriga, meesha xanaanada caruurta ama dugsiga.
- Ku geesnimogali ilmaha in aysan gamahooda saarin wajigooda.

Asthma trigger control (English)

What are asthma triggers?

Triggers cause an asthma episode to occur or get worse. Triggers may be colds (viral respiratory infections), allergies (pollens, pets), smoke, irritants (strong odors), weather changes (cold air), or exercise.

It is important to learn what triggers your child's asthma. Avoiding triggers can reduce the chances of an asthma episode for your child and may decrease your child's need for more medicine. Everyone's triggers are different; ask your child's doctor to help you identify your child's triggers.

Below are listed some triggers and ways to avoid them.

Colds

Colds and infections are common triggers, especially for children. Ways to avoid colds include:

- Wash hands well and often.
- Use separate towels and washcloths or use paper towels at home, day care and school.
- Encourage children to keep their hands away from their face.



- Ka fagow dadka qaba hargabka ama dureyga.
- Qaado talaalka dureyga xiliga deyrta.
- Gee ilmahaaga meel tirada ilamaha lagu hayaa ay yartahay

Jimicsi

Daaweyn fiican oo ka horaysa inta aan jimicsi ama cayaar bilaaban, waxay awood u siinaysaa in uu ilmuhu cayaaro isagoon jixdheer lahayn, qufacayn, ama neefsashadu dhibayn. Waxyaabaha uu suubin karo ilmahu waxaa ka mid ah:



- Qaado daawada neefta ka hor inta aadan jimicsan (weyddii takhtarka qorshaha daawo qaadashada ilmahaaga)
- Intaadan jimicsan jimicsiga is kululee, si aad ugu diyaar nogotid jimicsiga, markii jimicsigu kuu dhamaado naso oo is qabooji.
- Markii hawadu qabowdahay shaal ku dabool sanku iyo afka.

Qoonsashooyin

Qoonsi waxaa kiciya oo uu xasaasi u yahay waxyaalo badan oo ay ka midyihiin polanka (budada ka soo baxda ubaxa), busta, ama dhogorta xayawaanka waxa ka soo daata. Haddii qoonsi uu yahay waxa dhaliyay neefta, waxaad u baahan tahay in aad guriggaaga wax ka badashid si ayna u dhicin.

- Avoid people with colds or “the flu.”
- Get an influenza vaccine (flu shot) in the fall.
- Choose a daycare provider who cares for a small number of children.

Exercise

With proper treatment before exercise or sports, your child should be able to play without wheezing, coughing, or shortness of breath. Here are some things your child can do:

- Take an inhaled bronchodilator before exercise (ask your child’s doctor to work out a medicine plan).
- Warm up before exercise and cool down afterwards.
- Wear a scarf over the face in cold air.

Allergies

An allergy is a super-sensitivity to a substance such as pollen, dust, or animal dander. If allergies are a trigger, you need to make some changes in your home to avoid them.

Baranbarooyin

Dad badan baa ku xajimooda ama qoonsada haraaga baranbarada iyo waxa qalalan oo ka soo daata marka ay dhimato. Haddii ay dibaataadu tahay taas:

- Wac dadka guriggaaga leh si ay kaaga buufiyaan.
- Gali cuntada iyo qashinkaba meel xiran
- Gurigaaga ha ku uruurin bacda cuntada lagu soo qaato, wargaysyada, ama dhalooyinka eberka ah.



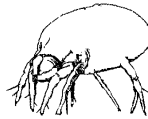
Cockroaches

Many people are allergic to the dried droppings and remains of cockroaches. If they are a problem:

- Call an exterminator for your home.
- Keep food and garbage in closed containers.
- Do not store grocery bags, cardboard boxes, newspapers, or empty bottles in your home.

Bulunbulyo

Bulunbulyo waa cayayaan aad u yar oo aan la arkikarin kuna nool, kadiifada, sariiraha, iyo farnijarka dhar lagu daboolay. Waxaad u baahantahay inaad bulunbulyada ka ilaalisid meesha cunuggaagu seexdo, meesha uu ku cayaaro, iyo meesha uu TV-ga ku fiirsado. Haddii bulunbulyo ku dhaliso neefta cunuggaga, waxaad u baahantahay inaad waxyaabaha soo socda sameysid:



- Gali joodariga, joodariga kan la saaro iyo barkinta ilmahaaga bambiir jinyeer leh.
- Ku dhaq dharka sariirta, bustayaasha iyo bustaha sariirta korka laga saaro, biyo kuleel koodu yahay (130° F) usbuuc kasta.
- Cunuggaga ha u ogolaan in uu ku seexdo kadiifada iyo maryaha lagu daday farnijarka dushooda.

Falalkaan kalana waxay kaa caawinayaan ilaalinta bulunbulyada:

- Ka qaad kadiifada qolka ilmahaagu seexdo, markaa dhig bambiir ama floorka adag oo qaawan u daa

Dust mites

Dust mites are tiny bugs, too small to be seen, that live in the dust in carpeting, bedding, and upholstered furniture. You need to control dust mites wherever your child sleeps, plays, and watches TV. If dust mites trigger your child's asthma, you need to do these things:

- Encase your child's mattress, box spring, and pillows in plastic or vinyl covers with a zipper.
- Wash sheets, blankets, and comforter from your child's bed in hot water (130° F) weekly.
- Do not let your child sleep on upholstered furniture and carpeting.

These actions will also help control dust mites:

- Remove carpeting in your child's bedroom and replace with vinyl or hard-surface flooring.

- Haddii aadan kadiifada qaadi karin takhtarka weydii daawada budada ah ee kadiifada lagu firdhiyo si loogu daaweeyo bulunbulyada.
- Ha isticmaalin mashiinka huurka dhaliye (humidifier).
- Yaree tooyada dhaxdooda wax laga buuxiyay ama godadka leh oo caruurto ku ciyaarto isla markaana dhaq todobaad kasta.

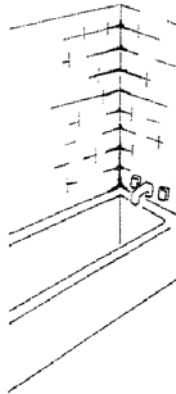
- If you cannot remove the carpeting, ask your doctor about dust mite powder to treat the carpeting.
- Do not use a humidifier.
- Limit stuffed toys and wash them weekly.

Wasakh ururtay

Wasakha urura waxaa laga helaa meelaha kulul oo huurka ah. Wasakhaha waxaa kaloo laga helaa dibada, meelaha harka leh, meelaha qo'yan iyo caleemaha qalalaya. Wasakhahaas waxaa kaloo laga helaa gurga meelaha huurka badan leh sida musqusha iyo gurga qayta dhulka hoostiisa ku jirta.

Haddii wasakhahaasi ay ku kiciyaan neefta ilmahaaga, waxaa la rabaa in aad samaysid waxyaabaha soo socda:

- Kadiifad gurga ha dhigin.
- Ha isticmaalin mashhiika huurka dhaliya (humidifier)
- Waa in aad haysataa wax lagu cabiro huurka. Huurku waa in uu ka hooseeyaa kontan boqolkiiba (50%).
- U istimaal mashiinka huurka bi'eya meesha qoyan qaybta hoose gurga.
- Isticmaal qaboojiye bilaha kuleelka ah.
- Nadiifi musqusha iyo jikada usbuuc kasta, naacaabina.



Molds

Molds are fungi that grow best in warm humid areas. Molds can be found outside, in shady, damp areas and on decaying leaves. Molds can also be found in the home in areas of high humidity such as bathrooms and basements.

If molds or mildews trigger your child's asthma, you need to do these things:

- Do not have carpet over concrete floors.
- Do not use a humidifier.
- Obtain a gauge to measure humidity in your home. Humidity should be kept at less than 50%.
- Use a dehumidifier in a damp basement.
- Use an air conditioner in the summer months.
- Clean the bathroom and kitchen weekly and keep them well aired.

- Waa in la nadiifiyo sanad kasta tuubooyinka ay u soo maraan gurga hawada kulul iyo tan qaboow.
- Iska ilaali dhirta guryaha la dhigto, haddii aad dhigatidna yaree.
- Qofka qoonsada dhirta, waa in uu ka fogaadaa meelaha cleenta galashy lagu aruuriyay, waana in uusan ku ciyaarin caleenta.

- Have the heating and air conditioning ducts in your home cleaned yearly.
- Avoid live trees indoors and limit houseplants.
- A person with this allergy should avoid raking or playing in the leaves.

Akhbaar tafaftiran oo ku saabsan sidii aad uga nadiifin lahayd gurgaaga wasakhda, waxaad ka heli kartaa, cinwaanka Interneetka:
www.health.state.mn.us/divs/eh/indoorair/mold

For further information about finding and removing mold in your home, this web site may be helpful:
www.health.state.mn.us/divs/eh/indoorair/mold

Xayawaanka

Xayawaanka guri jooga ah, sida eygada, shimbiraha, jirarka waxay siidaayaan calyo, kaadi, iyo dhogor lagu caaroodo ama lagu xajimoodo (qoonsi keena). Wax jira ma ah in eyga ama mukulaasha aysan la heyn waxyaabaha keena qoonsiga. Kuma xirna in xayawaanku dhogor badan leeyahay iyo inkale.



Pets

Pets such as cats, dogs, birds, or rodents release allergens in saliva, urine, and dander. There is no such thing as an allergen-free dog or cat. The length of the pet's hair does not matter.

Haddii xayawaanku cunuggaga neefta ku dhaliyo, waxaad u baahan tahay inaad sameysid arimahaan so socda:

If pets trigger your child's asthma, you need to do these things:

- Xayawaanka u raadi guri cusub ama banaanka ku hay.
- Haddii aadan xayawaanka ka samri karin gurga samee sidatan:
 - Xayawaanka ha u ogolan qolka cunuggaga inuu galo.
 - Xayawaanka ku hay guriga qaybta aan kadiifada lahayn.
 - Usbuuc kasta u qubee mukulaalaha iyo ayda.

- Find a new home for pets or keep them outside.
- If you cannot give the pet up yet, then you must:
 - Never allow them in the child's room.
 - Limit pets to non-carpeted areas of the home.
 - Wash cats and dogs weekly.

Miraha duulduula ee ka dhasha (geedaha, cowska, harama)

Miraha duulduula waa wax yar yar oo bida oo ka soo baxa cawska, haramaha, ama geedaha oo sababi kara dhibaatada xilliyeed. Haddii miraha duulduula ay kiciyaan neefta cunuggaga, waxaad u baahan tahay waxyaabahaan:

- Timahaaga si fiican u meyr kadib markaad dibada ka timaadid xiliga polanka.
- Dharka banaanka ha warin.
- Ka fagow cawska la jaray. Qofka qoosigaa leh uusan jarin cawska.
- Albaabada iyo dariishadaha ha xirnaadeen.
- Takhtarka kala hadal sidaad u bilaabi laheyd dawada qoonsiga ka hor intuuusan cunuggaga ku bilaaban xiliga qoonsiga.



Pollens (trees, grass, weeds)

Pollens are small particles produced from grass, ragweed, or trees that can cause seasonal problems. If pollens trigger your child's asthma, you need to do these things:

- Wash hair nightly after being outdoors during the pollen season.
- Do not dry clothes outdoors.
- Avoid freshly cut grass. A person with this allergy should not mow the lawn.
- Keep doors and windows closed.
- Talk to the doctor about starting allergy medicine **before** your child's allergy season starts.

Qiiq

Qiiq ku bax (secondhand smoke) waa qiiqa ka soo baxa sigaarka, sigaarka waawayn, ama bibka. Qiiqaa waxaa la socda sumo iyo waxyaabo laga qaado kansar. Qiiqa sigaarka waxaa laga qaadi karaa neef wuxuuna kicin karaa neef.



Smoke

Secondhand smoke is the smoke given off by the burning end of a cigarette, cigar, or pipe. It contains many poisons and cancer-causing agents. Smoke can cause asthma and trigger asthma episodes.

- Haddii aad sigaar cabtid, ku cab dibadda. **Ha ku cabin sigaar gurga ama baabuurka**
- **Dadka neefta qaba maha in ay sigaar cabaan.**
- Ka fogow meesha pulsho weyntu ku cabto sigaarka
- Waydii caymiskaaga cafimaadka brograamadda sigaar joojinta in ay bixiyaan iyo in kale.
- If you smoke, do it outside. **Do not smoke in the home or car.**
- Persons with asthma **should not** smoke.
- Avoid smoky public places.
- Check with your health plan about stop-smoking programs

Dhibayaasha

Dhibayaasha hoos ku qoran ayaa surtoowda in ay kiciyaan neefta, haddii ay saa tahay ka fogow:

- barafuun, qurxinta jirka
- badeeco wax lagu nadiifsho ee carafta leh
- badeecada wax lagu rinjiyo
- waxyaabaha la buufiyo
- kadiifadaha cusub ama fanijarka wax ka soo uraan
- hawada cakiran ama babuurka qiiqiisa
- guriga ha ku isticmaalin makiinadda wax lagu karsado oo dhuxusha la isticmaalo

Su'aalo?

Warqadaani gaar uma aha ilmahaaga, laakiin waa warbixin guud. Haddii aad qabtid wax su'aal ah, fadlan wac bukaan – socod eegtada (clinic).

Haddii aad u baahan tahay qoraalo dheeraad ah oo kusaabsan warqadaan ama mawduucyo kale oo caafimaad, fadlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee www.childrensmn.org.

Irritants

The following irritants may also be triggers; if so, avoid them.

- perfume, cosmetics
- scented cleaning products
- paint products
- aerosol sprays
- new carpeting or furniture with odors
- air pollution and car exhaust
- wood burning stoves

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call your clinic.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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