

MACLUUMAAD KU SAABSAN NEEFTA IYO COVID-19

Qaar macluumaad ah oo ay soo uruuriyeen Kooxda Neefta ee Isbitaalka Caruurta sida ugu wanaagsan aad ugu diyaar garoobi lahayd daryeelka ilmahaaga neefta qaba iyo faafida COVID-19. Fadlan booqo shaashadaha hoos ku qoran si aad u akhridid macluumaad u khaas ah neefta:

- [Centers for Disease Control and Prevention \(CDC\) asthma resources](#)
- [Children's Minnesota asthma patient education information](#)

Sidii aad ugu daryeeli lahayd ilmahaaga guriga, qodobada soo socda ayaa kaa caawinaya diyaar garowga.

- Raac qorshaha xakamaynta neefta (Asthma Action Plan).
- U qaado daawada neefta sidii laguugu qoray.
- Aad bay muhiim u tahay inaad maalin walba qaadatid daawada iyo sidoo kale daawada xakamaysa, haddii aad haysatid.
- Hubi in aad daawada xakamaysa laguugu diro farmashiyaha, waa in aad heshaa daawo ugu yaraan kugu filan 2-3 bilood.
- Waa in aad guriga ku haysataa Decadron ama Prednisone, haddii neeftu kugu kacdo.
- Waa in aad haysataa wax kugu filan 30 maalmood daawooyinka aan la qorin iyo waxyaalaha kale ee loo baahanyahay.
- Waa in aad haysataa taleefanada kooxaha daryeelka caafimaadka, farmashiyaha iyo caymiska.
- Waa in aad haysataa diyaarna kuu yihiin liiska magacyada daawooyinka iyo tirada la qaato (oo ay ka midyihiin fiitamiinada iyo nafaqooyinka).

Waa in aad taqaanaa sida la iskugu buufiyo daawada (inhaler)

Tix gali in aad isticmaashid inhaler-rada la cabiri karo tirada daawada si aad u xakamaysid firika duul duulaya dadka kale (oo waaweyn iyo kuwa baahida gaarka ah qaba).

- [Children's Minnesota asthma inhaler video](#) (English)
- [Children's Minnesota asthma inhaler video](#) (Spanish)

Ka fagow waxyaalaha neefta kiciya.

- Sigaar ha cabin ama tuubakada la nuugo (vape)
- Guriga yaan sigaar lagu cabin.
- Guriga yaan lagu cabin tuubakada la nuugo (vape)
- Nadiifi, jeermiga ka dil maalin walba sagxadaha iyo meelaha la taabto, handaraabyada, nal shidayaasha, meelaha sar-sare, handaraabyada, miisaska, taleefanada, kiiboorka, musqulaha, qasabadaha iyo saxanka musqusha, si aad isaga ilaalisid COVID-19.
- Ka fogow waxyaalaha wax lagu nadiifiyo oo kugu kicinkara neefta.
- U qaado daawooyinka xasaasiyada sidii laguugu qoray.

La xiriir kooxda daryeelka neefta, haddii ilmahaaga astaamihiisa neeftu bataan.