

Waanooyinka Caafimaad ee Iskuulka ku Laabashada ee Qoysaska leh Carruurta qabta Neefta

Marka neefta si wanaagsan loo xakameeyo, carruurta waxay awoodi inay... aadaan iskuulka, la ciyaaraan saaxiibo, oy fiicnaan dareemaan!

Ardayda qabta neefta waxay diyaar u noqon karaan sanad guul leh ayadoo la buuxinayo Listada Neefta ee hoose:

- Ka qabso ballan rugtaada caafimaadka baadhidda sanadlaha si loo hubiyo in neefta ilmahaaga la xakameeyay.
- Ka hel warka ugu danbeeyay Qorshaha Tallabo-qaadka Neefta (Asthma Action Plan) ee rugtaada caafimaad oo sii warqad saxiixan oo koobi ah kalkaalisada caafimaadka iskuulka. Tani waxay u fasixi kalkaalisada caafimaad ee iskuulka inuu siiyo ilmahaaga daawada ay/uu u baahanyahay.
- Qaado bahasha neefta (albuterol) 2aad in lagu isticmaalo iskuulka.
- Qaado tuubada (spacer) in lagu isticmaalo iskuulka.
- Hubi ilmahaaga inuu helo talaalka faluuga sannad kasta.

Asthma Action Plan	
Personal best peak flow: _____	
IMPORTANT INFO	EXERCISE-INDUCED FLARE-UP
Name: _____	Indications for an exercise-induced asthma flare-up:
Date: _____	Medicine: _____
Doctor name: _____	How much: _____
Doctor phone: _____	When: _____
Emergency contact: _____	Additional substances: _____
Emergency phone: _____	
TRIGGERS: <input type="checkbox"/> pollen <input type="checkbox"/> dust <input type="checkbox"/> mold <input type="checkbox"/> air miles <input type="checkbox"/> cats/dogs <input type="checkbox"/> smoke <input type="checkbox"/> food <input type="checkbox"/> exercise <input type="checkbox"/> cold/flu <input type="checkbox"/> weather <input type="checkbox"/> car pollution <input type="checkbox"/> other _____	
The GREEN Zone (also known as the safety zone)	
Symptoms: • No cough or wheeze • Can do usual activities • Can sleep through the night	Use these long-term control medicines as listed: Medicine: _____ Dose: _____ Frequency: _____ Other: _____
Check flow from: <input type="checkbox"/> No	
The YELLOW Zone (also known as the caution zone)	
Symptoms: • Some cough or wheeze • Cough, wheeze, or shortness of breath • Some difficulty doing usual activities • Sleep disturbed by symptoms • Symptoms at night too	Continue with long-term control medicines as above, and add these quick-relief medicines: Medicine: _____ Dose: _____ Frequency: _____ Other: _____
Check flow from: <input type="checkbox"/> No	Call your doctor if: _____
The RED Zone (also known as the danger zone)	
Symptoms: • Severe breathing problems • Control of usual medicines • Difficulty waking and talking • Rescue medicine not helping	Take this medicine and call the doctor now! Medicine: _____ Dose: _____ Frequency: _____ Other: _____
Check flow from: <input type="checkbox"/> No	If symptoms don't improve and you can't contact the doctor, go to the hospital or call 911.



Bahalka Neefta



Bahalka Neefta leh tuubada

Qorshaha
Talaabo-qaadka

Haddii aadan haysan tuubada ee iskuulka, la xidhiidh kalkaaliyaha caafimaad ee iskuulka wixii xog dheeri ah.