

## **Mob hawb pob** (Somali)

### **Waa maxay neeftu?**

Neeftu waa xanuun dabadheeraada oo ah cudur sambabka ku dhaca oo an la daweenkarin. Waxaa wax looga qaban karaa daawo in la qaato iyo in hawada la badasho.

Dadka neefta qaba kanaalka hawadu so marto aad buu u dareemaa wax yaalo badan, sida qiiqa sigaarka, qoonsiyada, jeermiska cudurka dhaliya, ama hawada qabow. Neefta qabatinkeeda waa wax mar ku qabta marna ku sii daayaa, lakiin dareenka sambabada ku dhaliya neefta waa jooqto.

Neefta oo aan si fiican wax looga qaban waxay keentaa iney badato ku soo noqnoqoshada qeybta gar-gaarka deg-degga ah ama jiifin isbitaalka. Wax qabadka neefta oo heer hoose ah waxuu kaloo keeni karaa dhimasho.

### **Maxaa sababa neefta?**

Sababaha asaasiga ah ee neefta wali lama yaqaan, laakin sababtu waxay u noqonaysaa reerkaaga. Caruurta qoonsiga leh waxaa laga yaabaa sida badan in neeftu ku dhacdo.

### **Maxay yihiin calaamadaha neefta?**

Calaamadaha ugu muhiimsan neefta waa sidan:

- quficid
- neefsasho gaaban
- hinraag
- xabadka oo taagma
- habeynkii oo aan la seexan karin iyadon calaamado jirin
- aan awoodin jimicsi ayado aan lahayn calaamadaha
- quficid ama hinraagid dheeraaday kadib jeermiska cudurada dhaliya

## **Asthma** (English)

### **What is asthma?**

Asthma is a chronic lung disease that cannot be cured. It can be controlled by taking medicine and making changes in your environment.

People with asthma have very sensitive airways that react to many things, such as cigarette smoke, allergies, infections, or cold air. Asthma episodes may come and go, but the lungs stay sensitive to the things that trigger asthma.

Poor control of asthma may lead to frequent emergency room visits or hospital stays. Poor asthma control can also cause death.

### **What causes asthma?**

The basic cause of asthma is not yet known, but it tends to run in families. It may be more common in children with allergies.

### **What are the signs of asthma?**

The main signs (symptoms) of asthma are:

- coughing
- shortness of breath
- wheezing
- tightness of the chest
- unable to sleep through the night without symptoms
- unable to exercise without symptoms
- prolonged coughing or wheezing after viral infections

## Maxaa dhaca inta qabashada neefta socoto?

Waa muhiim inaad taqaanid caadi ahaan sambabdu sida ay u shaqeeyaan si ad u fahamtid waxa dhaca inta qabashada neefta socoto. Dhammaadka dukumeentigaan ka fiiri sawirka sambabada.

Markaad neefta qaadatid, hawadu waxay ka baxdaa sankaa iyo afkaaga. Waxay hoos u raacdaa hunguriga-cad, iyada oo sii dhex maraysa kanaalka hawada, iyo kiishashka hawada. Hawadu waxay raacdaa dhiiga iyada oo lagu badalo hawada ad isticmaashay oo aad ka takhalusto marka aad neefta sii dayneysid.

Inta qabashada neefta jirto qofka way ku adag tahay inu neefsado maxaa yeelay:

- Xuubka saaran kanaalka hawada oo bararaya
- Muruqa kanaalka hawada baa adkaanaya, markaas kanaalada hawada baa sii yaraanaya
- Xab adag baa sameysmaya, waxuu xirayaa kanaalkii yaraa ee hawada.

## What happens during an asthma episode?

It is important to know how the lungs work normally so you can understand what happens during an asthma episode. See the picture of the lungs at the end of this document.

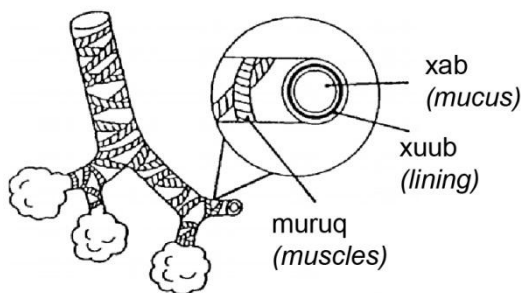
When you breathe in, air goes in through the nose and mouth. It goes down your windpipe, through your airways, and into the air sacs. The air goes into your blood and is traded for the used air that you get rid of when you breathe out

During an asthma episode a person has a hard time breathing because:

- The lining of the airways becomes swollen.
- The muscles around the airways tighten, making the airways smaller.
- Thick mucus forms, blocking small airways.

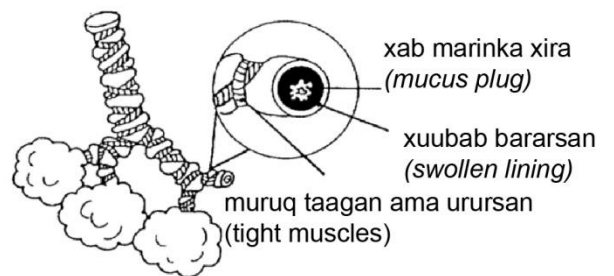
### Boronkiyaal caadi ah

(Close-up view of normal airways)



### Neefta markay qofka qabato

(Asthma episode)



## **Maxaa sababa qabashada neefta?**

Waxa dhaliya waxaa ka mid ah hargabka, qiiqa qoonsiga, ama jimicsi oo keeni kara neef iney ku qabato. Markii dhacdada neeftu kuligood wada kulmaan, waxay yeeshan saamayn hoog leh. Dadka qaarkiis neeftu waxay qabataa markii labo wax oo neefta dhaliya ama ka badan la isla helo.

Maadaama wax yaabaha neefta ku dhaliya dadka isku mid aheyn, waa muhiim in la ogaado kuwa ilmahaaga ku dhaliya neefta si aad aqoon ugu yeelatid ka hortagideeda. Fiiri xaashida waxbarashada “Neefta waxa dhaliya xakameynteeda.”

## **Waa maxay calaammadaha ugu horeeya ee ka diga qabashada neefta?**

Neefta dhicideedu si lamafilaaan ah mar dhifa bay ku timaadaa. Sida badan wax yaallo kuu sheegaya baa jira in neef ku soo hayso. Wax yaallaha kuu sheegaya in neef ku soo hayso waxaa kamid ah duuf soo dareeraya, qufacid, neefsasho gaaban, hurdo la’aan habeekii, cunto xumo, ama cabirka hawada marideeda oo hoos u dhaca. (Fiiri warqada ku saabsan wax barashada “Peak flow meter”.)

Waa muhiim inaad taqaanid calammadaha lagu garto neefta si ad u biloowdid daaweynteedakana hortagid inta aynan kugu xumaan.

## **Sidee u daawaynaa qabashada neefta?**

Waxaad u baahan tahay inaad la shaqaysid takhtarka cunugaga si ad u gaartan hap ad ku xakameysaan neefta qabatinkeeda una daaweysaan. Cunugagu waa inuu haystaa daawada badbaada (sida albuterol) si loogu daaweeyo markii uu yimaado qufac, hinraag, ama neeftoo dhibta.

## **What causes asthma episodes?**

Triggers such as colds, smoke, allergies, or exercise can cause an asthma episode. When triggers are present together, they have a stronger effect. Some people only have episodes when 2 or more triggers are present.

Since each person has different triggers, it is important to determine which ones affect your child’s asthma so you can learn how to avoid them. See the education sheet “Asthma trigger control.”

## **What are some early warning signs of an asthma episode?**

Asthma episodes rarely come on suddenly. Often there are clues or early warning signs that an episode may occur. Some early warning signs may be runny nose, coughing, shortness of breath, not sleeping well at night, poor appetite, or a decrease in peak flow. (See the education sheet “Peak flow meter”.)

It is important to know these signs so you can begin to treat the episodes early and prevent them from becoming severe.

## **How should we treat episodes?**

You need to work with your child’s doctor to develop an asthma action plan that helps you control asthma and treat asthma episodes. Your child should have a rescue medicine (such as albuterol) to treat an episode of coughing, wheezing, or shortness of breath.

## Sidee loo joojin karaa neefta qabashadeeda?

Adiga iyo cunugaaguba waa inaad barataan waxa ku saabsan neefta si ad u xakameysaan. Neefta waxaa looga hortagi karaa in la iska illaliyo waxa keeni kara iyo in daawo wax looga qabto la qaato, haddii takhtarkaagu kuu qoray. Haddii wax ka qabashada neefta cunugaga ay ka mid tahay daawo, waa inaad siisaa maalin walba, xataa markii cunugagu uu fiican yahay.

## Sidee ku ogaan karaa neefta in ay xakameysan tahay?

Dad badan oo neeftooda xakameysan tahay waxay awoodaan:

- inaad firfircoon tahay, waxaa ka mid ah ka qeyb galid jimicsi iyo cayaaro, adiga oo neeftu ku qaban
- seexasho habeenk oo dhan, adiga oo an qufacayn, hinraageyn, ama aadan dareemeyn neefsashada iney ku dhibeyso

Markii ad isla heshid daawo fiican iyo ka hortagida neefta waxa dhaliya, dadka badigiis waxay awoodaan:

- ka hortagid neefta qabatinkeeda
- ka hortagid si deg-deg ah logu tago takhtarka
- ka hortagid seexasho isbitalka neef sababteed

## How can we prevent episodes?

You and your child should learn all you can about asthma to help you control it. Asthma episodes may be prevented by avoiding asthma triggers and taking a controller medicine, if prescribed by your doctor. If your child's asthma action plan includes a daily controller medicine, be sure to give it **every day**, even when your child feels good.

## How do I know if asthma is in control?

Most people with controlled asthma will be able to:

- be active, including participating in exercise and sports, without having asthma symptoms
- sleep through the night without coughing, wheezing, or feeling short of breath

By getting proper treatment and avoiding asthma triggers, most people can:

- prevent most asthma episodes
- prevent emergency visits to the doctor
- prevent hospital stays for asthma

## **Markee baan wacaa bukaan socod eegtada?**

### **Wac bukaan socod eegtada haddii:**

- qufucid, hinraagid, ama neefsada oo dhib ah oo usan xakameyn karin daawada badbaada ugu yaraan afar sacadood
- qufucid, ama hinraagid habeynkii ama markii ad jimicsatid
- xariiqinta jaalaha haddii ay gaarto in ka badan labo iyo toban illaa afar iyo labaatan saacadood

### **Si deg deg ah u arag takhtar haddii:**

- qufucid ama hinraagidu ayna ka soo fiicnaan ama ay ka soo darto kadib markii la isticmaalo daawada badbaada
- gadaal u celin (xabadka ama qoorta maqaarkeeda oo gudaha gala neefsashadii kastaba)
- cabirka meesha ugu sarreysa ee hawo maridda hoosuu u dhacaa ama meeshisi buu jogayaa kadib markii la isticmaallo daawada badbaada
- barkin la'aan inaad jiiifan karin iyadoo neeftu ku dhibeyn

### **Haddii adan takhtarka gaari karin, aad qeybta gar-gaarka deg-degga ah.**

#### **Wac 911 haddii:**

- socodka ama hadalka haduu dhibayo
- bishimaha ama ciddiyaha oo noqda buluug ama boor boor
- neefsashada oo istaagta
- adoo ka walwalaya cunugagu in uu ficiinaan doono sodonka daqiiqadood ee so socda

## **When should I call the clinic?**

### **Call the clinic if:**

- coughing, wheezing, or shortness of breath not controlled with rescue medicine for at least 4 hours
- coughing or wheezing at night or with exercise
- in the Yellow Zone for more than 12 to 24 hours

### **See the doctor right away if:**

- coughing or wheezing is not better or gets worse after rescue medicine has been given
- retracting (chest or neck skin pulls in with each breath)
- peak flow rate goes down or stays the same after rescue medicine has been given
- unable to lie down flat without trouble breathing

### **If you cannot reach the doctor, go to the Emergency Room.**

#### **Call 911 if:**

- trouble walking or talking
- lips or fingernails are blue or gray
- stops breathing
- you are worried about how your child will get through the next 30 minutes

## **Su'aalo?**

Warqadan ama warbixintani ku ma saabsana ilmahaaga oo keliya, laakiin waa warbixin guud. Haddii aad qabtid wax su'aal ah, fadlan wac bukaan eegto.

Waxaan idinkula talin laheyn in adiga iyo cunugaagu aad ka qeyb gashaan barnaamij yada tacliinta neefta ah, si ad uga barataan habka neefta loo xakameyn karo. Weyddii takhtarkaga, kal-kaaliye caafimaad, ama heyada qaabilsan (the American Lung Association) si aad u ogaatid macluumaad barnaamij- yada la heli karo.

Hadii aad rabtid warbixin ama qoraalo kusaabsan cudurkan, ama casharo/qoraalo caafimaad oo kale, fadlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee [childrensMN.org](http://childrensMN.org).

## **Questions?**

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

We recommend that you and your child attend an asthma education program, to learn more ways to control asthma. Ask your doctor, nurse, or the American Lung Association for information about available programs.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: [childrensMN.org](http://childrensMN.org).

## Sambabada caadiga ah (Normal lungs)

