Dawada neefta

(Somali)

Adiga iyo ilmahaagu waa in aad taqaanaan magaca daawo kasta oo ilmahaagu qaadanayo. Si gaar ah ayaa neeftu qofka walba u qabataa, daawada qof wax tartaana waxaa suurtowda in aysan qofka kale wax tarin. Mar walba isticmaal tirada iyo qaabka daawooyinka laguugu qoray. Hubi in aad mar walba haysatid daawo kugu filan

Asthma medicines

(English)

You and your child should know the name of each medicine your child is taking. Each person's asthma is different and medicines that help one person may not help another. Always use medicines in the amount and method prescribed. Always make sure you have enough medicines on hand.

Canaasiirta lagu neefsado oo deg dega u howlgasha (daawooyinka badbaadinta ama xanuunbi'inta) *Quick acting inhaled bronchodilators (rescue or reliever medicines)*					
Magac la yaqaan *(Brand name)*	**Magac guud** *(Generic name)*	**Waxyaalaha loo baahanyahay in aad taqaan**	*Things to know*	**Waxyeelooyinka**	*Side effects*
Maxair®	pirbuterol	• Waxay furtaa tuubooyinka hawada iyadoo dabcinaysa muruqyada ku hareeraaran tuubooyinka hawada.	• **Opens airways** by relaxing the muscles around the airways.	• Gacmo jarceeya, "daganaasho la'aan" dareemaya, wadna garaac badan, madax xanuun.	• Shaky hands, "hyper" feeling, fast heartbeat, headache
Proventil® HFA	albuterol	• Waa iyada in loogu hormariyaa haddii daawooyin kale oo neefta lala qaadanayo.	• Should be used first if other inhalers are taken at the same time.	• Waxyeelooyinku waxay jirayaan wakhti gaaban. Waxayna u badantahay in ay baaba'aan markii aad daawada si joogta ah aad u qaadatid.	• Side effects usually only last a short time. They will probably go away after using the medicine regularly.
Ventolin®		• Iskuday in aad u dhaxaysiisid 1 daqiiqo isku buufinta daawada, si ay midda ugu horaysaa u bilowdo shaqadeeda.	• Try to wait 1 minute between puffs to let first puff begin working.	• Takhtarka wac haddii waxyeelooyinku dhib u hayaan ama baabiwaydo.	• Call doctor if the side effects are too bothersome or do not stop.
Xopenex®	levalbuterol	• Daawooyinkani waxay shaqadoodu bilaabataa 5 daqiiqo gudahood, waxayna jirka ku jirtaa 4 ilaa 6 saac.	• These medicines start working in about 5 minutes and last 4 to 6 hours.		

Canaasiirta lagu neefsado oo muddada dheer shaqaysa (ilaaliyaal) *Long-acting inhaled bronchodilators (controllers)*					
Magac la yaqaan *(Brand name)*	**Magac guud** *(Generic name)*	**Waxyaalaha loo baahanyahay in aad taqaan**	*Things to know*	**Waxyeelooyinka**	*Side effects*
Foradil® Serevent®	formoterol salmeterol	• Waxay furtaa tuubooyinka hawada iyada oo dabcinaysa muruqyada ku heeraaran tuubooyinka hawada. • Qaado 12kii saacba mar. Ha qaadan wax ka badan laba jeer maalintii. • **Marna ha u isticmaalin in ay bi'iso calaamada xanuunka** • Waa in aad ku neefsataa corticosteroid	• Opens airways by relaxing muscles around the airways. • Take about 12 hours apart. Do not take more than twice a day. • **Never use to relieve symptoms.** • Should also be on an inhaled corticosteroid	• Waxay la midtahay midda kore.	• Same as above

Naqaslaha istiirowdku ku jiro (ilaaliyaal) *Inhaled corticosteroids (controllers)*					
Magac la yaqaan *(Brand name)*	**Magac guud** *(Generic name)*	**Waxyaalaha loo baahanyahay in aad taqaan**	*Things to know*	**Waxyeelooyinka**	*Side effects*
Azmacort® Axmanex® Flovent® Pulmicort® QVAR®	Triamcinolone Mometasone fluticasone budesonide beclomenthasone	• Waxay ka **hortagaysa**a barar, jiro iyo xaako ku dhalata gudaha hawo mareenada. • Wad isticmaalka daawadan **maalin walba** si aad uga hortagtid jirooyinka. • Ha joojin qaadashada daawadan ilaa takhtar ku yiraahdo jooji.	• **Prevents** swelling, inflammation, and mucus inside the airways • Continue using this medicine **every day** to prevent episodes • Do not stop taking this medicine until the doctor tells you to stop	• Xabeeb • Waxaa suurto gal ah cabeeb; ka luqluqo kadibna marka aad istimaashid daawada, tuf si aad cudurka u ilaalisid in uusan kugu dhicin. • Waa in aad la isticmaashaa isku-xiraha xiran (haddii aysan ahyn naqaslaha bool-bare la isticmaalo).	• Hoarseness • Possible thrush; rinse mouth and spit after each use to prevent it. • Must be used with a spacer (except if using a dry powder inhaler)

Lagu neefsada corticosteroid ku jiro/Cunsurka muddada dheer shaqaysa isku dhafanayaasha (ilaaliyaal)

Inhaled corticosteroid / Long-acting bronchodilator combinations (controllers)

Magac la yaqaan *(Brand name)*	**Magac guud** *(Generic name)*	**Waxyaalaha loo baahanyahay in aad taqaan**	*Things to know*	**Waxyeelooyinka**	*Side effects*
Advair® Symbicort®	fluticasone thiab salmeterol budesonide thiab formoterol	• Waxay ka **hortagaysaa** barar, jiro iyo xaako ka dhalata gudaha hawo mareenada. • Waxay furaysaa hawo mareenada iyaga oo dabcinaaya muruqyada ku heeraaran. • Qaado **maalin walba** si aad uga hor tagtid cudurka. • Ha joojin qaadashada daawadan ilaa takhtar ku yiraahdo moo'yee. • Marna ha u isticmaalin in ay bi'iso calaamadaha cudurka. • U dhaxaysii 12 saac daawada qaadashadeeda. • Ha qaadan labo jeer ka badan maalintii.	• **Prevents** swelling, inflammation, and mucus inside the airways • Opens airways by relaxing muscles around them • Take **every day** to prevent episodes. • Do not stop taking this medicine until the doctor tells you to stop. • Never use it to relieve symptoms. • Take doses about 12 hours apart. • Do not take more than twice a day.	• Habeeb • Waxaa suurto gal ah cabeeb, ka luqluqo kadib marka aad isticmaashid daawada, tuf diyaha si aad cudurka u ilaalisid in uusan kugu dhicin.	• Hoarseness • Possible thrush; rinse mouth and spit after each use to prevent it.

Leukotreine qaabilaha caabiya (ilaaliye)

Leukotriene receptor antagonist (controller)

Magac la yaqaan *(Brand name)*	**Magac guud** *(Generic name)*	**Waxyaalaha loo baahanyahay in aad taqaan**	*Things to know*	**Waxyeelooyinka**	*Side effects*
Singulair®	montelukast	• Waxay ka hotagaysaa barar, jirada,iyo xaakada. • Qaado maalin walba si aad uga hortagtid jirada. • Marna ha u isticmaalin in bi'iso calaamadaha cudurka. • Ha joojin qaadashada daawadan ilaa takhtarku ku yiraahdo jooji.	• **Prevents** swelling, inflammation, and mucus. • Take **every day** to prevent episodes. • Never use to relieve symptoms. • Do not stop taking this medicine until your doctor tells you to stop.	• Mahax xanuun ama callol xanuun • Wac takhtarka haddii aad aragtid calaamadaha hargabka	• Headache or stomachache • Call the doctor if flu-like symptoms occur.

Corticosteroids afka la qaato *Oral corticosteroids*					
Magac la yaqaan *(Brand name)*	**Magac guud** *(Generic name)*	**Waxyaalaha loo baahanyahay in aad taqaan**	*Things to know*	**Waxyeelooyinka**	*Side effects*
Orapred® Pediapred® Prelone® badeecooyin kala duwan *(various brands)*	prednisolone prednisone	• Waxay **yaraysaa** bararka, jirada, iyo duufka ku jira tuubooyinka hawada. • U qaado sida takhtarku kuugu qoray. • Waxay shaqo biloydaa 6 ilaa 12 saac kadib.	• **Decreases** swelling, inflammation, and mucus inside the airways • Take exactly as prescribed by your doctor. • Starts to work in 6 to12 hours	• Waxay furtaa cuntada, calool xanuun, dabciga oo isbadala, dareeraha oo ceshatid, waji dhalaala, iyo kala gowsyada oo xanuuna kadib marka aad joojisid qadashadeeda. • Muddo dheer oo la qaataa waxay leedahay waxyeelooyin kale, kala hadal dhakhtarkaaga. • La qaado cunto ama caano si aad uga fogaatid calool xanuun	• Increased appetite, stomachache, mood changes, fluid retention, flushed face; perhaps temporary joint pain after it is stopped • Long-term use may cause other side effects; talk to your doctor • Take with food or milk to avoid stomachache.

Su'aalo?

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

Questions?

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