Somali | Soomaali

Neefta onkodka (Thunderstorm asthma) waxay noqon kartaa mid nafta halis gelisa

Gobolkan Victoria, xitaa haddii ay neeftaadu tahay mid aan aad u darneyn ama aad sanboor qabto, weli halis ayaad ku jirtaa. Yaree khatarta kugu imaan karta adiga oo isu diyaarinaya xilliyada gu'ga (spring) iyo onkodka xagaaga.

- Iska ilaali onkodka - gal gudaha ka hor iyo inta uu onkodku socdo.
- U qaado daawooyinka sida lagu faray oo baro gargaarka degdega ah ee neefta.
- Wixii ku saabsan saadaasha cimilada iyo digniinaha, soo dejiso app-ka VicEmergency.
- Kala hadal GP-gaaga wixii ku saabsan qorshaha lagu maareynayo neefta ama qorshaha lagu daaweynayo sanboorka.

VICTORIA State Government

Xog dheeraad ah ka hel betterhealth.vic.gov.au/thunderstorm-asthma