

Waa maxay neefta dabayluhu (Thunderstorm asthma)?

Duufaannada qaar waxay sababi karaan xash iyo boodh ka imaanaya cowska, waxayna sii deynayaan xasaasiyad kicin karta weerarrada neefta ee loo yaqaan neefta onkodka. Inkastoo aysan badnayn, way dhici kartaa inta lagu jiro xilliga uu cowsku leeyahay xash (sida caadiga ah inta u dhaxaysa bilaha Oktoobar iyo Diseembar).

Yaa halis ugu jira:

- Qof kasta oo qaba neef (qof hadda qaba neefta, hore usoo qabi jiray ama aan la aqoonsan inuu neef qabo).
- Qof kasta oo xilliga gu'ga qaba sanboor xilliyada qaar ee sanadka kaca.



Si aad ugu hesho daabacaadan qaab la heli karo wac
1300 761 874, adoo isticmaalaya Adeega Gudbinta
Qaranka **13 36 77** haddii loo baahdo, ama iimayl u dir
climate.publicheath@health.vic.gov.au

Waxaa ogolaatay oo daabacday Dowladda Victoria, 1
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karaa **<https://www.health.vic.gov.au/about/our-campaigns>**

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Somali | Soomaali



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

Ogow khataraha. U diyaargarooow
Amaan ahoow.

Wixii macluumaad dheeraad ah booqo
betterhealth.vic.gov.au/thunderstorm-asthma



Amaan ahow inta lagu jiro xilliga uu cowsku leeyahay xash

Waad yarayn kartaa fursada laga yaabo in neefta onkodka ay ku saameeyso.

Iska ilaali onkodka inta lagu jiro xilligaan, gaar ahaan markay jiraan dabaylaha yimaada onkodka ka hor.

Gudaha gal, xir albaabada iyo dariishadaha, oo demi mukeyfka gudaha guriga soo gelin kara hawada ka timid banaanka (tusaale mukeyfyada waaweyn).

Baro gargaarka degdega ah ee neefta, oo hubi inaad fahansan tahay waxa loo baahan yahay inaad samayso haddii adiga, ama qof aad saaxiib tihiin ama qof ka tirsan goyskaaga, ay neef ku kacdo.

Si joogto ah ugala soco shabakada VicEmergency ama app-ka saadaasha neefta onkodka oo samee 'aagga lala soconayo (watch zone)' si aad u hesho talo iyo digniinaha khuseeya agagaarkaaga.



Haddii aad qabto neef:

- Si joogto ah ugu tag dhakhtarkaaga si aad u xaqiijiso in neefta aad qabto si wanaagsan loo xakameeyay, oo samee ama dib u eeg qorshahaaga loogu talagalay in lagu maareeyo xanuunka neefta.
- U qaado daawada ka hortagga sida lagu faray oo meel kasta oo aad aadeyso u qaado daawadaada neefta.

Haddii aad sanboor qabto:

- Arag dhakhtarkaaga ama farmashiistahaaga si aad ugala hadasho daawayntaada ugu fiican iyo khatarta aad ugu jirto neefta onkodka.
- Baro gargaarka degdega ah ee neefta oo ogow halka aad ka heli karto dawooyinka neefta haddii loo baahdo. Kuwaan waxaa laga heli karaa farmashiyada iyada oo aan dhakhtar warqad kuu qorin.

Haddii aad u malaynayso in qof ay neef qabatay...



Talaabada 1-aad – Qofka u fadhiisi si toos ah.



Talaabada 2-aad – Rux aallada buluuga/cawlka ah ee daawada neefta, 1 mar ku buufi daawada neefta dhalada loo yaqaan spacer, kabacdina 4 jeer neefta ka qaado spacer ka. Ku celi tan 4 jeer.



Talaabada 3-aad – Sug 4 daqiiqo, oo ku celi tallaabada 2-aad haddii neefsashadu ku soo noqon waydo sidii caadiga ahayd.



Talaabada 4-aad – Haddii qofka neefsashadiisu ay ku soo noqon waydo caadi, wac nambarka saddexda ebar (000). Ku soo celi talaabada 2-aad 4-tii daqiiqaba mar intaad sugayso gurmada.