



**ASTHMA
AUSTRALIA**

**Kuër ka thiar (10) yenëke nyיע
pür ke adhiäma (asthma)**

10 WAYS TO LIVE WELL WITH ASTHMA

A community resource in Dinka



1 Piöcë de adhiäma ku ye yin ee nyic kadï na tö'ke yin.

Learn about asthma and how you know you have it.

● Arölthii ace yic nhiac

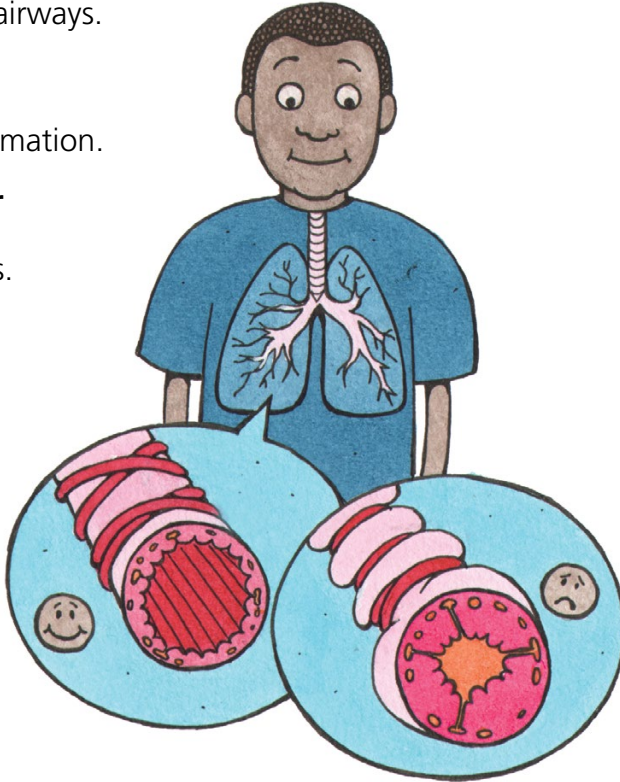
Tight airways.

● But

Inflammation.

● Atujör

Mucus.



Rëël wëëi cïn tuany

Healthy breathing tubes.

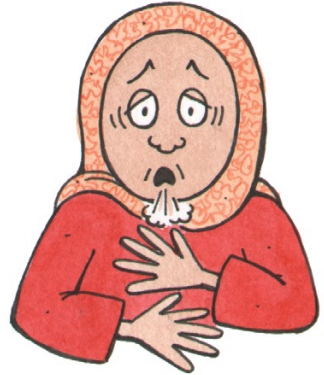


Rëël wëëi nõŋ adhiäma

Asthma breathing tubes.

Cit ke adhiäma.

Symptoms of asthma.



Ee yic riel të wëëi ë

It is hard to breathe.

Yin alëu ba yol arëët

You might cough a lot.

Pëemdu (Puöndu) aye yök ke ci rööm

Your chest feels tight.

Yin alëu ba kë lɔ yiityiit (ke lɔtëriit) bën në
yï pëëm (puöu)

You may have a wheeze (whistling noise) coming from your chest.

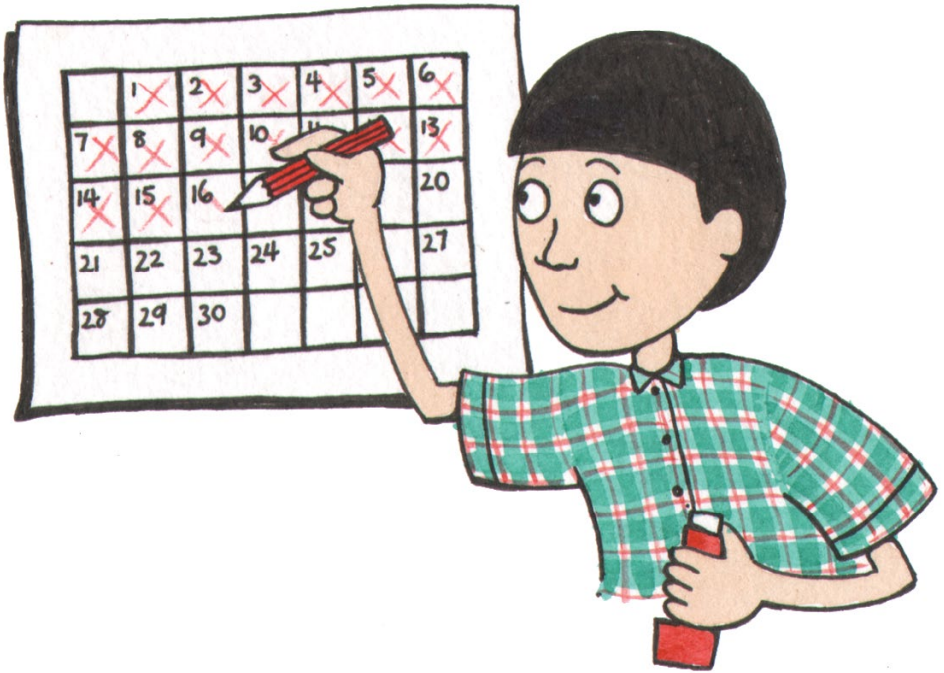
2 Päppaa (puffer) maḅök akony në dac liëp yic ë rëlkun ke wëi. Ye päppa maḅök muk aluöt kek yin. Kuothë të cïn cït ke adhiäma moth.

Blue puffers help to open your breathing tubes quickly. Always carry a blue puffer with you. Use it when you get symptoms of asthma.



3 Wälägël ee rëilkun wëei cök tō' ee ke puol. Lööm wälägëldu nē költhok ëbën agut tē puol yïn.

A preventer keeps your breathing tubes healthy. Take your preventer every day even when well.



4 Jamë ke diktordu në wët Këloi Aciiir adhiäma (Asthma Action Plan) ku ba nyic yeju ba loi të dööt yen nyin racic.

Talk to your doctor about an Asthma Action Plan so you know what to do if your asthma gets worse.



5 Tiñ kekë atëtdun kék pialguöp (dïktor, ranëwal, nëëth, ranlui tënë kékpial) na yin ee wäldun adhiämadu nyic loi ku adiitkun ke dhukwëëiyöt apuoth.

Check with your health professional (doctor, pharmacist, nurse, health worker) that you are using your asthma medicine and your asthma inhaler devices correctly.

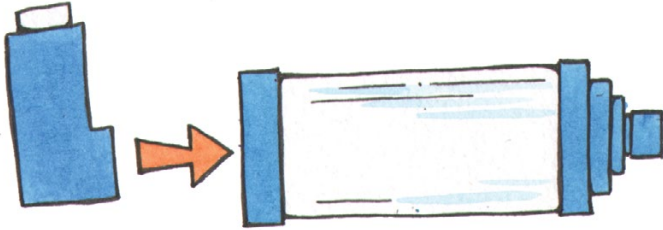


Thiëcë athook të cïn wëu.

Ask for a free interpreter.

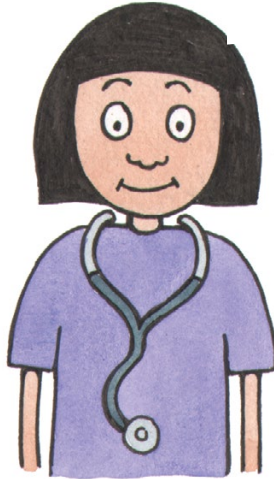
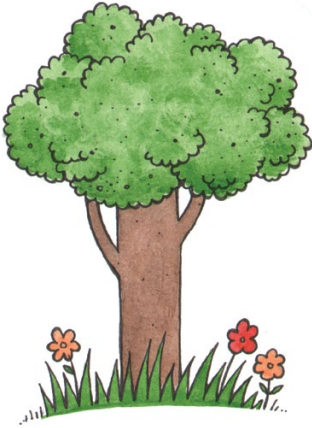
6 Raan ebën ye lööm nē Pāppa adhil bē ya lööm nē agölöön.

Everyone who uses a puffer should use a spacer.



7 Jamë ke diktordu në bak ë ka lëu bë adhiãmadu cøk dítinyin. Dunë math ka wëïi ë yöt tol kækøk.

Talk to your doctor about the things that make your asthma worse. Do not smoke or breathe other people's smoke.



8 Lör tənəç diktordu aköllušt ba jam ne bak adhiämadu.

Visit your doctor regularly to talk about your asthma.



9 Pööce kë ba loi të tëëm adhiäma rət.

Learn what to do in an asthma emergency.

Citke adhiäma rəc

Signs of very dangerous asthma.



1



Cök yiköu

Sit up.



2



Kuothë yic 4 yen päppa
(puffer) mañök në
agölöñic- wëëi ë yic 4 të
cïn tök kuoth

Take 4 puffs of blue puffer with
a spacer. Take 4 breaths after
each puff.

Tiit tektek ka 4

Wait 4 minutes.



3



Të ɲot yen ëkëc ɲuën
ke lööm päppaa ka 4 në
maɲökic në agölönjic-
wëëi ë yic 4 të cïn tök
kuoth

If not better, take 4 more puffs
of blue puffer with a spacer.
Take 4 breaths after each puff.

Tiit tektek ka 4

Wait 4 minutes.



4



Të ɲot yin ke yï këc ɲuën
ke yuöpë ambëlanh: 000.
Gëk ke yï kooth päppaa
ka 4 në tektek 4 yic
agutë bë ambëlanh bën.

If still not better, call an
ambulance: 000. Keep on giving
4 puffs every 4 minutes until the
ambulance comes.



10 Görë juënayieldu wal ku bë adhiämadu kony (tekic).

Treat your hay fever to help your asthma.



Cit ke ayiel

Symptoms of hay fever.

Ayiel ë nyin

Itchy eyes.

Waat ka athiek ë wum

Runny or blocked nose.

Tiim

Sneezing.

Gör yin në lëk juëc kjk?

Yuöpë 1800 278 462

(luoi athook tëcin wëu thiëc)

Do you need more information? Call 1800 278 462
(Free interpreter service)

Asthma Australia does not replace professional medical advice.
People should ask their doctor any questions about diagnosis or treatment.

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