



**ASTHMA
AUSTRALIA**

**10 Njia nzuri za kuishi vizuri na
pumu (asthma)**

10 WAYS TO LIVE WELL WITH ASTHMA

A community resource in Swahili



1 Jifunze kuhusu pumu na jinsi ya kujua unayo.

Learn about asthma and how you know you have it.

● Hewa inayobana

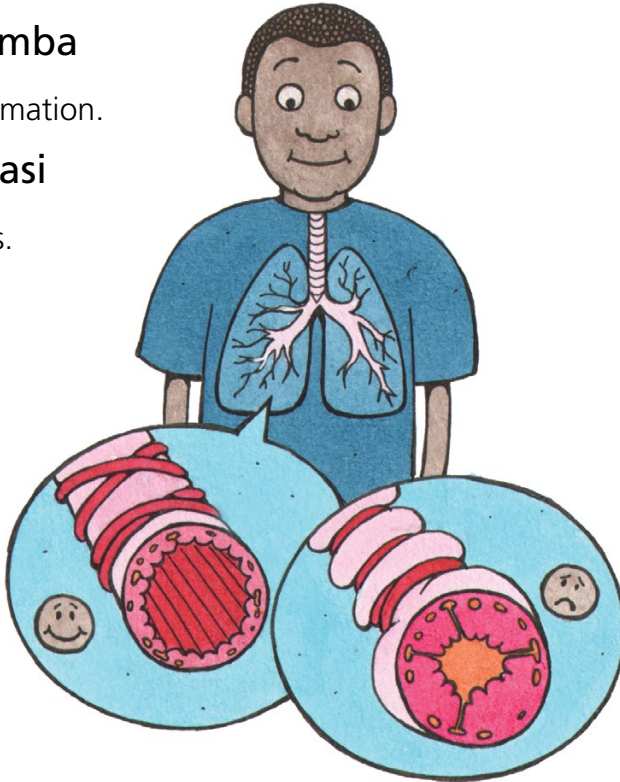
Tight airways.

● Kuvimba

Inflammation.

● Kamasi

Mucus.



Mipira ya kupumulia ya afya

Healthy breathing tubes.

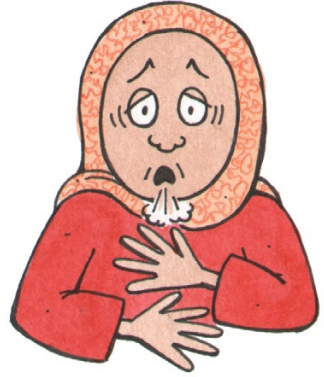
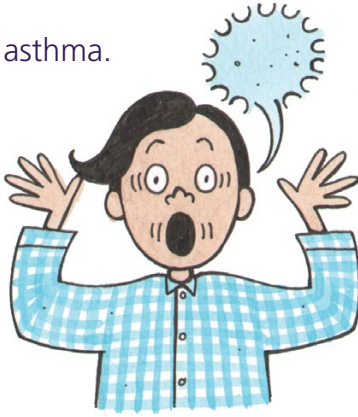


Mipira ya kupumulia ya pumu

Asthma breathing tubes.

Dalili za pumu.

Symptoms of asthma.



Inakuwa vigumu kupumua

It is hard to breathe.

Unaweza kukohoa sana

You might cough a lot.

Kifua kinabana

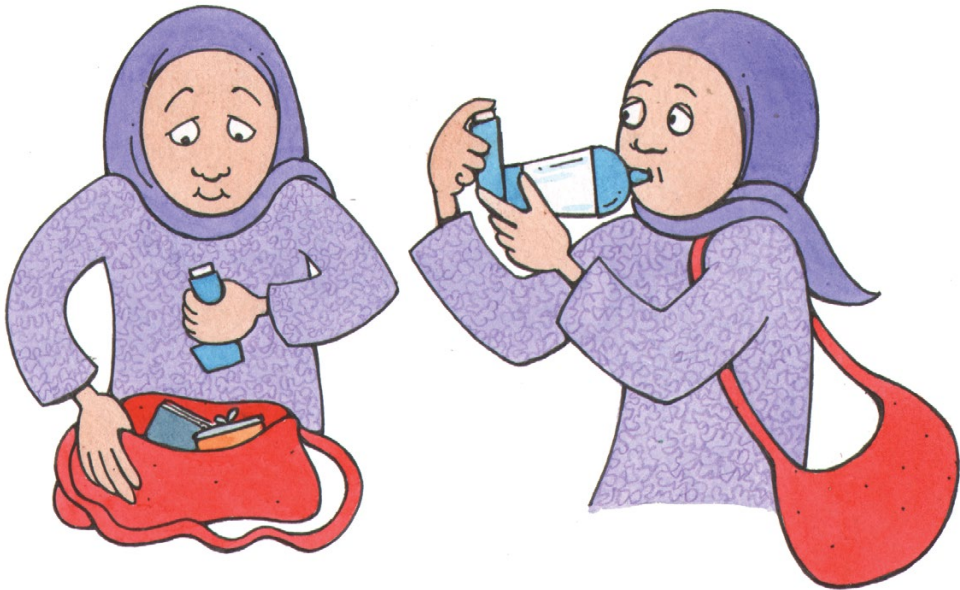
Your chest feels tight.

Unaweza kupiga chafya (sauti ya chafya) kutoka kwenye kifua chako

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

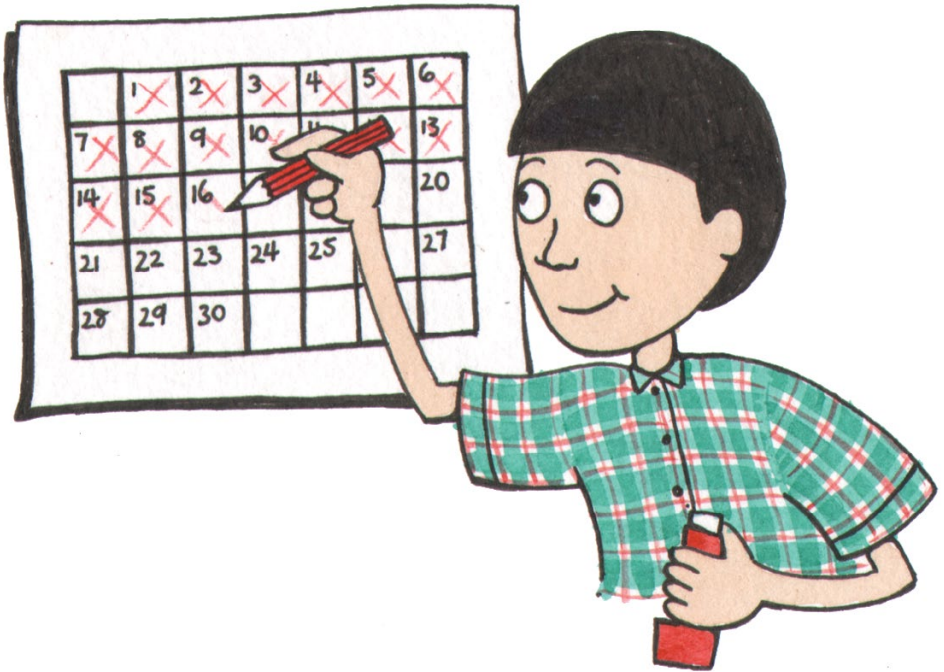
2 Kipumilio cha bluu kinasaidia kufungua mipira ya kupumulia haraka. Mda wote beba kipumilio cha bluu. Kitumie mda wote ukipata dalili za pumu.

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 Dawa ya kuzuia inakusaidia kutunza mipira ya kupumulia kwa afya. Chukua dawa ya kuzuia paomoja nawe popote hata kama hauumwi.

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



4 Zungumza na daktari wako kuhusu Mpango wa Hatua za Pumu ili uje kitu cha kufanya kama pumu yako ikiwa mbaya.

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



5 Zungumza na wataalamu wako wa Afya (daktari, famasia, nesi, wafanyakazi wa afya) kuwa unatumia dawa zap umu na kwamba kifaa chako cha kutumia kuzuia pumu unakitumia vizuri.

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

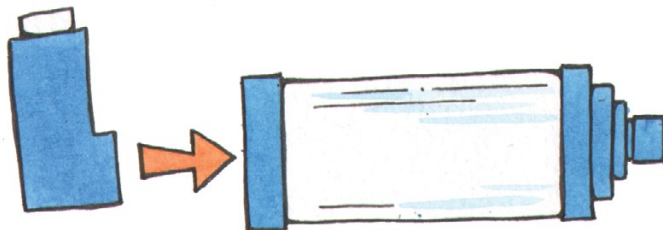


Uliza ili kupata mkalimani wa bure.

Ask for a free interpreter.

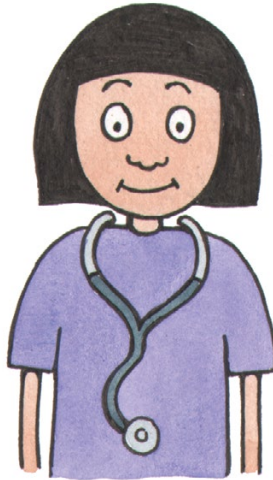
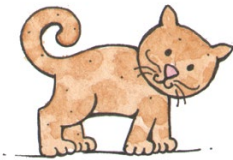
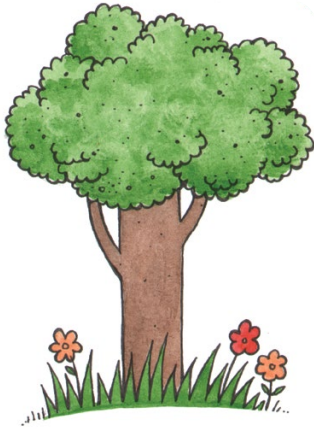
6 Kila mtu anayetumia kipumilio cha pafu ni lazima atumie kile cha spasa.

Everyone who uses a puffer should use a spacer.



7 Zungumza na daktari wako kuhusu vitu vinavyoweza kufanya pumu yako kuwa mbaya zaidi. Usivute au kupumua moshi wa watu wengine.

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



8 Tembelea daktari wako mara kwa mara ili kuzungumzia pumu yako.

Visit your doctor regularly to talk about your asthma.



9 Jifunze jinsi ya kufanya wakati wa dharura ya pumu.

Learn what to do in an asthma emergency.

Dalili za pumu ya dharura

Signs of very dangerous asthma



1



Simama

Sit up.



2



Chukua mivuto ya hewa 4 ya kipumilio cha bluu na kupumua mara 4 baada ya kuvuta hewa kwa kila hatua

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

Subiri dakika 4

Wait 4 minutes.



3



Kama haisaidii chukua
mivuto mingine 4 ya
kipulizo cha blue cha
mrija – pumua mara 4
kila baada ya kuvuta
kipulizo

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

Subiri dakika 4

Wait 4 minutes.



4



Kama bado haisaidii
pigia ambulance: 000.
Endelea kupata mivuto
4 kwa kila baada
ya dakika 4 mpaka
ambulance ifike.

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



10 Tibu aina yoyote ya homa ili kusaidia pumu yako.

Treat your hay fever to help your asthma.



Dalili za homa ya vipindi:

Symptoms of hay fever.

Macho kuwasha

Itchy eyes.

Makamasi kutoka au kuzuia mapua

Runny or blocked nose.

Kupiga chafya

Sneezing.

Je unahitaji habri zaidi? Piga 1800 278 462

(Huduma ya Bure ya Wakalimani)

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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