

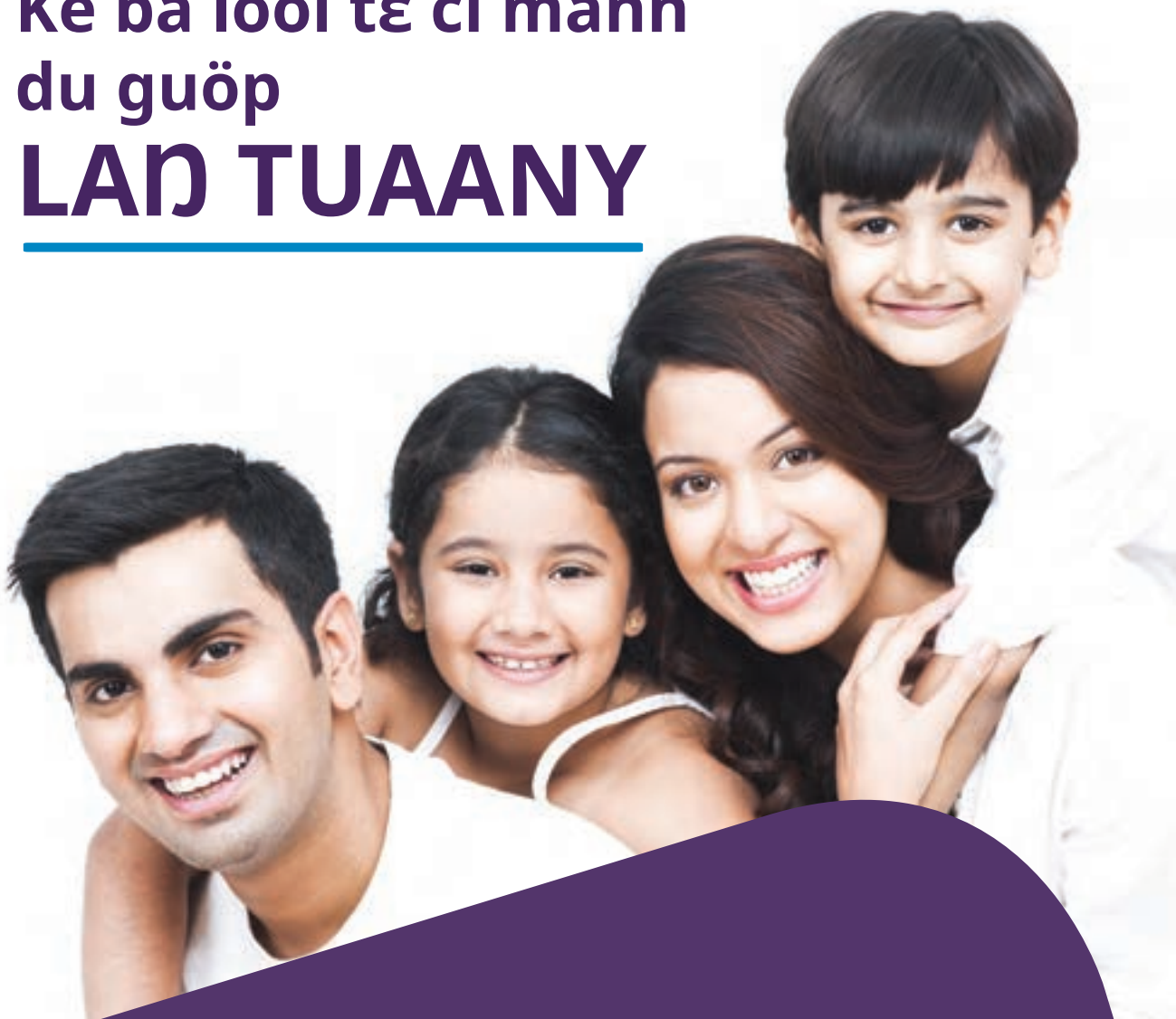


**ASTHMA
AUSTRALIA**

PIALGUÖP Ë MÏTH

**Kë ba looi tË cï manh
du guöp**

LAD TUAANY



1800 ASTHMA

(1800 278 462)

asthma.org.au



**ASTHMA
AUSTRALIA**

DET TUAANY.

A lëu ba diëer apɛy tē cī manh du guöp laŋ tuaany wälä tē cī yen diëer. Yekööl, a wicku buk yī kony kāk ke nyuɔɔth tēn mīth deet ku konyku yīin ba yän bīn kuɔɔny yök thīn ŋic tē wic kek kuɔɔny.

- ✓ Tuentyuɛɛny juääc aa mīth dɔm tē ŋuɔt koor kek
- ✓ Kēn rot lac looi, tuentyuɛɛny kã aa lëu bīk kur ku aa lëu bē ke dɔɔc **baai**
- ✓ Kaam dēd, ka path ba la tēn **akim**
- ✓ Kaam dēd, ka path ba la panakim wälä cɔl **nājda**

TUENYUƐƐNY JUÄÄC AA YE KÄ THÖŊ NYUƐƐTH.

- Dhiëëu wälä arëëcrëëc
- Thiaiguöp
- Jaai ë miëth wälä pīu
- Pēn laac
- Atuöc (atuny path a lëu bē yet 38°C)

Atuöc, akuöök ku juäi aa wël ye lueel bī tuentyuɛɛny juääc teet yekööl. Keek aa buk bēn teet yic apath läthɛɛr.

LOILOOI JUÄÄC ALON PIALGUÖP AA TÖU.



Kä kök aa lëu ba kek looi **baai**



Telepuun ë wëët ë **pialguöp**, cëmën akucnyakim-ye-yuöp tën 1300 60 60 24



Na wiëjë wäl wälä wëët, ka nem **raanwal**



Bëëyakiim ë wëër wälä **akiim** nem bëëy yiic wëër yic (13SICK)



Amatnhïim ë kocc wër wei **panakim**



Na leŋ kë wër wei, ka yï yup töör arak diäk (000) bë **näjda** rïiŋ

Lökayukar ë kuccnye: myhealthrecord.gov.au



Aguir ë My Health Record ee yï cöl a muk wël alaŋ du nhïim apath, tën tök.

Keya, wël alaŋ du jam alaŋ pialguäp du aa ye lac tē wïc keek, gut tē wïc keek kaam wër yin wei.

KÄK ATUÖC NYUÖCOTH.

• Atuny dīt ee ya atuny wan 38°C

• Rot yök tuc

• Rëer thanthan

• Jaai ë miëth ku pïu.

• Aḡäny / dhiëëu

• Aḡjök

ATUÖC.

- Atuny path a lëu bë ya 36.5°C – 37.5°C
- Atuöc ee mīth lac dōm
- Atuöc ee tuaany nyuöcōth ku tuany cīt kënë a lëu bë ya juäi
- Atuöc a ce meth nök
- Atuöc ee lon looi guöp bë rot tiit nyuöcōth
- Mīth kök aa thöök tē cī atuöc rot jōt ke gup räuräu



KĚ LĚU BA LOOI ALŊŊ ATUÖC.



KĚ lĚu ba looi **baai**

- Cŏl meth a dĕk → bĕ ya rĕer ka ŋop kĕ lik
- Lŏŋ dĭt tet
- Ceŋ alĕth path
- Rĕer tĕ la bath
- Laak ĕ piu lir ku kĕlkĕl aa kĕc lueel



Kaam bĭ **raanwal** laŋ kĕ kony

- Ka wal ye awai waar ye guöp aa path
- Wal bĕ atuöc tek yic aa math
- Jaam alŋ wal ye wec, cĕi ku wal kŏk lĚu bĕ ke gĕm meth



Kaam bĭn la **panakĭm**

- Mĭth pĕy ka <3 leŋ gup atuny dĭt tet
- Ku a leŋ guöp akuöök aya
- Na leŋ kĕ dir yĭin wĕlĕ kĕ kĕc deet
- Rieny ĕ yeth
- Tĕ ye mermer meth reem nyin



Kaam bĭn **tŏr arak diäk** (000) yup

- Wĕi la yĕkyĕk
- Nĕr piiny tĕ cĭ yen nin



RCH

App ĕ kucŋny

Lĕk Alŋ Pialguöp ĕ Mĭth, Panakĭm ĕ Mĭth (The Royal Children's Hospital).

[A leŋ yic athör ĕ yith.](#)

KÄK AKUÖÖK NYUCOTH.

• Wër kit rot wälä kä la tomtom dël köu

• Dël a ye buööt köu

• Bolbool kuöt nhïim wälä loikä kuær

• Buut (thith/col, buut la tullul)

• Tekdä ka rem tädä ka yil

• A lëu bë ya ciët raan cï köm kac

KÄK AKUÖÖK NYUCOTH.



Tuëny Kawasaki



Akuñ ë pañok



Akuñ ë ca



Ajuëk



Akuñ ë pañok



Thëmthëm ë tuëny ë dël



AKUÖÖK.

- Mith aa ye lac köök gup
- Kën akuöök lac bëy ee juäi
- A cë kuat akuöök yen kɔc diir
- Akuöök a lëu be ceŋ nïn wälä wiik

KË LËU BA LOOI ALɔŋ AKUÖÖK



Kë lëu ba looi **baai**

- Cɔl meth a rëer tē la bath
- Ye rëer ka muɔc kë dek
- Dɔc tē yil
- Akuk juääc aa gua dem röt
- Tak wët ba yï cin lɔk
- Dek wal arɛem tē peth yen keya



Kaam bi **raanwal** laŋ kë kony

- Dɔc ë ayieɛl
- Wal ye dek rin bë atuöc dhuk piny
- Wal ye dek rin bik arɛem tek yic



Kaam bin la tēn **akim**

- Na leŋ meth guöp **atuöc** ku akuöök (akuöök ee jal tēŋ bei tē tuaany ŋuëñ)



Kaam bin la **panakim**

- Na leŋ kë dir yïin wälä kë kác deet
- Na ciën tē bin la tēn akim wälä raanwal
- Na kor akuöök, thiith, malöök wälä yekä kit la tomtom ce yer tē tuɛnyke yiic (Thëmthëm ë tuëny ë dël)

KÄK JUÄI NYUCOTH.

• Atuny dīt ee ya atuny wan 38°C

• Rëer piiny, jaai ë miëth ku pïu

• Aḡäny wälä dhiëëu

• Lör ë wum

• Yär ë rör, ḡḡḡ

• Aḡöök wälä yäc

JUÄI.

- Juäi ee kë cīt köm thiin kōc ḡook.
- Keek aa lac yök
- Juäi a lëu bë ya juänwum, juänpuöu, ajuëk, wuḡḡk ë yïc, weth, ariöök
- Juän kōcḡ juääc ḡōm ee juänwum
- Juäi ee rot gua tek piny
- A lëu bë rëer alir yic wiik, rin bë piër de kaḡ cam



KĒ LĒU BA LOOI ALON JUÄI.



Kĕ lĕu ba looi **baai**

- Cɔl meth a dĕk → bĕ ya rĕer ka ɳop kă lik
- Lŏɳ dĭt tet
- Wic wal bĕ cukwum tek yic
- Dŏny bĕ meth cɔl pĕl ye guŏp



Kaam bĭ **raanwal** laɳ kĕ kony

- Lĕk alon wal cukwum tek yic, cĕmĕn wal ye ciĕet koc wuum cĭn yiic waltŏu
- Jaam alon wal meth cɔl a pĕl ye guŏp piny, cĕmĕn paracitamol ku ibupropen



Kaam bin la tĕn **akim**

- Tĕ leɳ meth guŏp atuŏc ku akuŏk
- Atuny cĕ ceɳ bĕ nĭn ka rou waan
- Pĕn laac



Kaam bin la **panakim**

- Mĭth pĕy ka <3 leɳ gup atuny dĭt tet
- Akuɳ ce rot nhiaac tĕ cɔk ye tuaany yic
- Nĕr piiny tĕ ci yen nin
- Na leɳ kĕ dir yĭn wălă kĕ kăc deet
- Wĕei la yăkyăk wălă wĕei rilic
- Tĕ ye dĕl rot miĕet ye lŏm/rŏr

"I thought it was just a case of the flu"

Do you know enough about meningococcal disease?



Meningococcal disease is hard to recognise as early symptoms are easily mistaken for a cold or flu. Whilst it is a rare disease, it can be fatal within 24 hours or cause permanent disabilities.

Different strains cause invasive meningococcal disease.

Most Australians at risk are not fully protected.



SPEAK TO YOUR DOCTOR ABOUT MENINGOCOCCAL DISEASE AND PREVENTION OPTIONS, INCLUDING VACCINATION

KÄK WUƆƆK È YÏC NYUƆƆTH.

• Yïc a lëu bë yïc ya maluaal

• Arëem, wälä meth a lëu bë ye yïc ya miit

• Atuöc

• Lör ë wum

• A lëu bë yïc kuër tut

• Arëem a lëu bë tuöl nyinic

WUƆƆK È YÏC.

- Kën e tuany dëd mïth lac dëm,apeyguöp tē ηuƆt koor kek ku tē cï kek hook ηuëën
- Kën ee rot looi keya rin ηuƆt koor kuër ke yïth
- Ee lac dëm ku a ce nyin dir kƆc dööt
- Wal döc aa ce lac gäm ïth rin yen tuany thïn ë juäi



KĚ LĚU BA LOOI ALŊŊ WUƆƆK Ě YĪC.



KĚ lĚu ba looi **baai**

- Wal arɛɛm
- Ɔɔl lŏŋ
- Ye rĕɛr ka muƆƆ kĕ dek
- Duk pāl bĕ la kuaŋ



Kaam bĭ **raanwal** laŋ kĕ kony

- Lĕk wālā wĕɛt alŋŋ wāl ye kiɛɛr meth yĭc lĕu bĭ akĭm gāt yeen
- Wal dhie arɛɛm tek yĭc



Kaam bĭn la tĕn **akĭm**

- Na ye yŏk ciĕt manh du cĕ yĭc wuƆƆk, ka path ba Ƴāth tĕn akĭm wālā yuŏpĕ akĭm dhie bĕn baai bĕ raan tuany bĕn gām dŏc
- Na tŏŏk ku ye maluaal yuƆƆm kŏu lŋŋ bĭ yĭc kŏu



Kaam bĭn la **panakĭm**

- Kuĕr ě riem wālā tut bĕn bei yĭc yĭc
- Na leŋ kĕ dir yĭn wālā kĕ kăc deet
- Na ciĕn tĕ bĭn la tĕn akĭm

Telepun ye kăc wĕɛt abac alŋŋ wĕl pialguŏp thăă thok ebĕn:



KÄK ARIÖÖK NYUÖÖTH.

• Ee rot jöck ka cīt juänwum

• Na ʏööl ka cīt kë bišu

• Na wëëi alöŋ thīn ka ye puöu la yiit

• Yär ë rör

• Atuöc

• ʏööl a ye juak nyin wëër yic

ARIÖÖK.

- Ee kuat juäi
- Yeen ee raan but rör ku wanyaliir
- Ee mīth leŋ pëy ka 6 yet run ka 5 döm
- Ee nyin tēk wëër yic
- Yeen ee ye nyin gua juak nyinc ku peth ba meth muk nhom lön njic yen wëëi



KĒ LĒU BA LOOI ALŊŊ ARIÖÖK.



Kĕ lĕu ba looi **baai**

- Cɔl lŏŋ
- Ye rĕer ka muɔc kĕ dek
- Cɔl rĕer cĕ rot päl piny
- Döny bĕ meth cɔl pĕl ye guöp



Kaam bi **raanwal** laŋ kĕ kony

- Jaam alŋŋ wal meth cɔl a pĕl ye guöp piny, cĕmĕn paracĕtamol ku ibuprofen



Kaam bĭn la **panakĭm**

- Na ye manh du akäl kĕc pĕy ka 6 waan
- Tĕ cĭ manh du



Kaam bĭn **töör arak diäk** (000) yup

- Tĕ ye wĕei meth göök
- Tĕ ye meth thok läk
- Tĕ cĭ meth yer wei ku ye rĕer cĕ la nuörnuör
- Wĕei la yäkyäk wälä wĕei rilic
- Tĕ ye dĕl rot miĕet ye lŏm/rör

Dukään ĕ Wal cɔl Supercare cĭ Akuma ĕ Victorian looi aa ŋaany thää 24, nĭn ka dhereen wik yiic, ku keek aa leŋ yiic yŏn ye raan akĭm tĭŋ thĭn gɔl thää 6 thĕei yet thää 10 thĕei, abak.



KÄK WETH NYUCOTH.

• Dhiëü

• Atuöc

• Wëëi la yäkyäk

• Na wëëi ayeer ka ye puöu la yiit

• Jaai ë pïu

• Wëëi ril yic

WETH.

- Yeen ee juän dëd cë piny thöŋ
- Yeen ee yän ye aliir tëek thïn yökyöök yiic yook yiic
- Yeen ee mïth këc pëey 12 tuööm lac döm, ku döm mïth këc run ka 5 dööt
- Meth aa lëu theeth tē cīt tēn nīn 10
- Meth a lëu bë yool kaam döt wiik ka 4
- Wal ë dök aa cīn kë yekä kony
- Yeen ee nyin tēk apëy tē ye meth thiääk ke raan math tapyäär



KĒ LĒU BA LOOI ALON WETH.



Kĕ lĕu ba looi **baai**

- Ye rĕer yĭ mĕc meth thok kĕ thin nyĕt bĕ cam
- Lĕŋ dĭt tet
- Muĕc meth wĕl bĕ ye waak wum, apeyguĕp ka kĕc gua mĭth
- Dĕny bĕ meth cĕl pĕl ye guĕp



Kaam bĭ **raanwal** laŋ kĕ kony

- Lĕk alon wal cukwum tek yĭc, cĕmĕn wal ye ciĕet kĕc wuum cĭn yĭic waltĕĕ
- Jaam alon wal meth cĕl a pĕl ye guĕp piny, cĕmĕn paracĭtamol ku ibuprofen



Kaam bĭn la tĕn **akĭm**

- Tĕ ye meth jaai miĕth
- Tĕ cĭ tuaany meth pĕn laac
- Tĕ cĭ dĕl ĕ meth yer wei ku ye piĕi
- Tĕ ye kin dĕl rot waar meth nyin tĕ yĕcĕl yen



Kaam bĭn la **panakĭm**

- Tĕ ye manh du manh ka dhiĕt ka kĕc pĕy tuĕĕm, tĕdĕ ka kĕc wiik ka 10 dĕĕt
- Tĕ leŋ manh du tuany yĕyĕĕk cĕ kuc nĕĕĕn
- Tĕ ye manh du dhiĕn Aboorijiin wĕlĕ dhiĕnc Kĕcĕc Tuur Torres Strait
- Na leŋ kĕ dir yĭin wĕlĕ kĕ kĕc deet



Kaam bĭn **tĕĕr arak diĕk** (000) yup

- Tĕ ye meth wĕĕi yĕkyĕk



Keeping your child healthy in childcare or school!

PROUDLY SUPPORTING

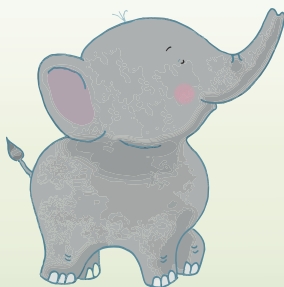


Colds and snotty noses are very common in babies and children. Children tend to catch more colds and have a lower resistance to germs than adults.



A gentle **preservative-free nasal saline spray** like Flo can help relieve cold and allergy symptoms by:

1. Washing out viruses and allergens in the nose
2. Clearing mucus in the nose resulting in easier breathing and sleep



Ask your Pharmacist for Flo!

ALWAYS READ THE LABEL. FOLLOW INSTRUCTIONS FOR USE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONAL.

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KÄK ATHMA NYUCOTH.

• Wëëi la yäkyäk rilic

• Rot guεεη

• Ayityiit wälä puön looc

• Jam a rilic

• Υῶῶ ee nyin tēk wëër yic

• Υῶῶ ee nyin tēk tē tuuk raan

ATHMA.

- Athma ee rot yam tē cī yän ye aliir tēek thīn yōkyōök yiic ke yiic kuōöt
- Kēn ee rot rin kē ye raan wëëi aliir yic wēn ye gῶῶ cōk
- Käk ye gῶῶ aa leη yiic tῶr, yōök, juänwum, läi baai, tol tapyäär, tuk
- Kēn ee yän ye aliir tēek thīn yōkyōök yiic buōöt, ku juak athuōör rot thīn ku cī yen acuek kek nyiic yiic



KĒ LĒU BA LOOI ALŊ ATHMA.



Kĕ lĕu ba looi **baai**

- Buɔth Aguir Kĕ Ba Looi Alŋ Athma (Asthma Action Plan) yic
- Yin a bĕ laŋ wāl yin rot dōōt (wāl tōu kajany maŋōk yic) tĕ cĭ tuaany nyin tĕk
- Aya, a lĕu bĕ yĭ gām wāl ye tuaany gĕl ba ya la dek abak
- Aya, a lĕu rot kony Kāk Dōt Tueŋ alŋ Athma



Kaam bĭ **raanwal** laŋ kĕ kony

- Ba ɣɔɔc wāl arĕem, wāl tōu kajany maŋōk yic (cɔkəlɔn kĕc akim ye gāt yĭin)
- Lĕk alŋ dhĕl bin rot dōōt wāl arĕem tōu kajany maŋōk yic
- Ba ɣɔɔc gun wāl arĕem (spacer[^]) ku akuāma nyin rin bĕ gut wāl ŋĭec dhiĕem yōkyōōk yiic bĭ kony wĕĕi ku nyĕĕy arĕem



Kaam bĭn la **panakim**

- Tĕ ye manh du puōu la yityiit ku ye ɣɔɔl
- Tĕ ye manh du wĕĕi ɣākɣāk ka wĕĕi rilic
- Athma a ba ŋĭec muk nhom tĕ ye yin rĕer ka yĭ la tĕn akim bĭ ya lĕk tĕ looi yen rot thĭn
- Ba la yōk Asthma Action Plan bĭ meth ɣāth panmuōōkmĭth wālā panpiōōc



Kaam bĭn **tōōr arak diāk** (000) yup

- Tĕ ye meth wĕĕi ɣākɣāk
- Tĕ cĭ manh du dhal wālā tĕ cĭ yen la nuan
- Tĕ ye dĕl rot miĕt ye guĕeŋ wālā ye rōr



Did You Know?

Spacers are designed to improve delivery of pressurised metered dose inhaler (puffer) medications in the lungs.

 **chamber** PROUDLY SUPPORTING

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- Anti-Static - no priming needed
- Reusable, single patient use
- Latex & BPA free
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- Unique butterfly one way valve
- Universal 15mm - 22mm mouthpiece
- Click-apart chamber for easy cleaning
- **Clinically Proven***



The Butterfly Valve[®] prevents **backflow** of expired air and is an **auditory cue** for correct breathing in and out



Find in your local pharmacy or go to www.echamber.com
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*visit www.echamber.com for references

KÄK DÖT TUEŇ ALŇ ATHMA

1



CŇL RAAN A NYUC KA CË YE KŇU CÖK

- Päl rot piny ku deet puöu
- Duk nyëŇ piny rot

2



THIEEM WÄL TŇU KAJA-NY MAŇÖK/MALŇU YIC ARAK 4

- Yääk wäl tŇu kajany maŇök yic
- Thieem wäl tŇu kajany maŇök yic **arak 1**
- Wëëyë arak 4 gun wäl yic
 - Beric rëk ba wäl tŇu kajany maŇök yic wëëi arak 4
 - Muk yï nhom: Yääk, wëi wäl tŇu kajany maŇök yic arak 1, wëëyë arak 4

WÄLÄ gäm wäl Bricanyl arak 2 (tën manh cë run ka 6 dööt ku diit) wälä Symbicort (tën manh cë ruön 12 waan)

3



TIT YUUL KA 4

- Na njuot këc nuëën, **ka yï ben wäl tŇu kajany maŇök/malbu yic thieem arak 4** tē cīt tē wën cē luël yeen wënthëer

WÄLÄ gäm wäl Bricanyl arak 1 wälä Symbicort

NA NJUOT KËC NUËËN

4



YUP TÖÖR ARAK DIÄK (000)


- Luel alä 'näjda' ku luel alä ka leŇ raan nëk athma
- Rëër ka ye wäl tŇu kajany maŇök yic thieem **arak 4** tē cī **yuul ka 4** thök, yet tē bī kocc döt raan wër wei yëët.

WÄLÄ gäm wäl Bricanyl arak 1 wälä Symbicort tē cī yuul ka 4 thök - ku a lëu ba juak Symbicort arak 3

LŇC KŇÖC DÖT RAAN WËR WEI YUÖP KU YUP TÖÖR ARAK DIÄK (000) TË CÏ:

- Raan kŇöc wëëi
- athma ye nyin gua juak wälä cë kuc kë dhuk yen piny
- Athma raan mät ku wäl dööt yeen a liu
- Yïn nhom diaŇ ba kuc lön yen athma
- Raan kaq thöök rin leŇ yen kë cë muön ke yeen, buoth Aguir kä bë Looi Të Cī Raan Thöök (Anaphylaxis Action Plan) ku loi käk Döt TueŇ alŇ Athma

Wäl tŇu kajany maŇök/malbu yic ye raan dööt a cī lëu bë raan rör, ckalbñ cīn raan guöp athma.

 Athook (Translating and Interpreting Service) 131 450



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PIÖÖC Ë ASTHMA AUSTRALIA.

PIÖÖC ALON ATHMAN LOOI AGUIR Ë 10760NAT.

Piöök kën a cë guir bi koc lëk dhöl ye kocc wër wei dööt tē cī athma raan mät, ku kony koc bik kök njic alon kāk athma bëy koc gup, kāk ye gocc cök, tē ye njic yeen ku döny de.

DET: Piöök a cë guir tē cit tē cī Aguir ë ACECQA luël wët alon Piöök Alon Döny Athma (Asthma Management Training).



Asthma Australia
TRAINING
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ASTHMA AUSTRALIA
RTO NL 4387

Yuöp yook tēn 03 9026 7088 rin ba kaamat guir.

KÄK YÄC NYUƆƆTH.

• Atuöc

• Jaai miëth ku pïu

• Arem yic

• Anjök

• Yäc

• Rëer cë la nuan

YÄC.

- Yäc ee tuany rot looi yëëc
- Yeen a leŋ kä juëëc ye gƆƆc cök
- Ku kën ye lac bëy ee juäi
- Yäc ee rot lac liäöp, ka yeen apath bë kƆc ke cin ya lƆk



KĒ LĒU BA LOOI ALƆŃ YÄC.



Kĕ lĕu ba looi **baai**

- Rĕer ka kƆc lƆk ke cin
- Kĕ tueŋ ee ba manh du Ɔl a rĕer ka ye dek piu
- Ɔl meth a dĕk → bĕ ya rĕer ka ŋƆp kă lik
- Them piu, Ɔek thĭn / Ɔek abĭk



Kaam bĭ **raanwal** laŋ kĕ kony

- Piu leŋ yiic awai bĭ awai ya ƆuƆl ye guƆp



Kaam bĭn la tĕn **akĭm**

- Tĕ kĕc manh du pĕy ka 6 dƆot
- Tĕ ye meth ŋƆk ku ciith ku jey piu
- Tĕ ye piu la ke rĕt ye yic
- Tĕ yen la roor kĕ leŋ yic riem
- Tĕ yen ŋƆk keth maŋƆŋtƆcgƆt
- Tĕ cĭ tuaany meth pĕn laac
- Kăk thƆk piu guƆp yic nyuƆƆth (thok rir wei, rĕk bĕ liep kƆu wei)



Kaam bĭn la **panakĭm**

- Na leŋ kĕ dir yĭin wălă kĕ kăc deet
- Na ciĕn tĕ bĭn la tĕn akĭm wălă raanwal
- 'Tĕ kƆc' (titic) a Ɔĕ la niƆp thĭn

Wal lĕu ba ke yiĕk yeen



Wal ye awai waar ye guƆp



Paracetamol



ibuprofen



Wălabinciĕc



Awai cĭn yiic waltƆu



Wăl-guƆp-puƆƆcic
Rot-tuƆm-rot



Wăl tƆu kajany
maŋƆk yic

KÄK MUÖN NYUÖÖTH.

• Akuöök ku ayieel

• Ayieel thok yic

• Arem yic

• Anjök

• Yäc

• Buöt tē wēn cē muön

MUÖN.

- Kōc aa lac muön ke kån
- Käk lac muön ke mīth aa mīth: toŋ, mēguaak, cək weŋ, akuemcoi, gāma, rēc ku rēcŋkōuakueŧ
- Kä kōk ye kōc muön ke keek aa leŋ yiic ciēc ku kuat kām kōk kōc kac, noon ku tiim
- Kä kōk cīt alöt wälä luön
- Wal cīt wal tuaany nyaai
- Muön juäac aa ce nyin tēk



KĒ LĒU BA LOOI ALON MUÖN.



Kë lëu ba looi **baai**

- Na ye muön thiin këc nyin rac dööt ka gäm wäl cöl wälabinciëc
- Na cë muön nyin rac dööt (thöök) ku a ñic, ka path ba lañ dhël cë guiir bi raan ya dööt cëmën wäl rot-tuocm-rot (epi pen)



Kaam bi **raanwal** lañ kë kony

- Ba la ɣoc wäl cöl Wälabinciëc
- Ba la ɣoc wäl rot-tuocm-rot ba ya muk kek dhël cë guiir bi raan ya dööt
- Rin ba yök lëk wälä döny ayieel, akuöök wälä kä kök muön nyuocth



Kaam bin la **panakim**

- Na lañ kë dir yiin wälä kë kác deet
- ɣoc ce ñuëen wälä ayityiit ë puou



Kaam bin **töör arak diäk** (000) yup

- Të ye meth wëei ɣäkyäk
- Të cïn raan toom epi pen
- Të cï raan but liep wälä ror
- Të cï raan ɣer wei ku ye a nuañ
- Të cï kin dël rot waar
- Muön diit cë nyin rac dööt

PIÖÖC ALON MUÖN LOOI AGUIR Ë 10760NAT.

Piöoc kë a cë guiir bi koc lëk dhël ye koc cë muön ku koc cë thöök dööt wut.

DET: Piöoc a cë guieer të cit të cï Aguir ë ACECQA luël wët alon Anaphylaxis Management Training.



Asthma Australia
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ASTHMA AUSTRALIA
RTO No. 4987

Yuöp yook tën 03 9026 7088 rin ba kaamat guiir.

JËËKCÖK.

- Mith aa lac tuaany ku aa lac yök rör
 - Juäi yen ee tuany mith lac döm
 - Kä juäac aa lëu ba ke gua lëu **baai**
 - Wic wëet tē peth yen keya
 - Kōc **telepuunkuōny** juäac aa lëu bik yī kony ba kāk tuaany nyuōth tek thook
 - Kōc **telepuunkuōny** kōk aa lëu bik yī wiēc raan bī waar thok
 - Yuöp **nājda** wälä lōr **panakīm** tē yin tuaany yök ka cē nyin rac dōöt
-
- Apath ba rot cōl a piöoc aln̄j kāk Döt Tuen rin bī kony ba kē loi njc
 - A leŋ piöoc juëc cē guiir aln̄j dōny ë raan cē thöök wälä raan cī athma mät

HILTAIDOO3 EE DÖT TUEŊ PIÖÖC.

Piöoc kën a cē guiir bī kōc lëk aln̄j döt tuen rin bē kōc ya dōöt tē leŋ yen raan tuany baai, tēnlucy ku wut ebën.

DET: Piöoc a cē guiir ka thōŋ löōŋ ë Australian Resuscitation Council (ARC). Wēt a cē lueel bē raan njëc aln̄j CPR ya dhuōk yic ruōön thok ebën.



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DÖT TUEŊ TËN RAAN DEC.

1



LËK RAAN
DEC BË ƳƆƆL

- Päl rot piny
- Lëk bë ƳƆƆL
- Caath tē yen wëi thin

2



DENY KÖU
ARAK 5

- Mith kor kēc ruään 1 dööt: Ƴek meth yic piny yī Ƴööm ka cē ye nhom kan yī nhiol
- Tēn mith ŋuään, cöl a nyuth ku guŋ

3



THANY
GUEŊ
ARAK 5

- Deny arak 5 yī ciin ŋuur
- Ye deeny ku ben caath

NA CË METH KÖÖC WËI WÄLÄ DËNY KÖU
A CÏN KE KONY WÄLÄ KÏN DËL A CË ROT WAAR


4



YUP TÖÖR
ARAK DIÄK
(000)



- Luel alä '**näida**' ku luel alä ka leŋ manh dec. Ku tak wēt ba ke lëk run ē meth.
- Wëer **dēny kök arak dhiēc yic** kek **thēnythēny ē gueŋ** yet tē bī kōcc döt raan wēr wei yëēt.
- Ye deeny tōk ku ben caath ba tiŋ lōn cī kē wēn cē rik bēn bei.



Ləŋ guöp wälä leŋ RAAN NHIAR guöp ATHMA?

Gät rot piny alŋ lon Asthma Assist rin
bë kony ba tuany athma muk nom.

Yin a bë gäm:

Kë cöl **e-Asthma Control Pack** leŋ yic: athör ë
kuɔɔny, Aguir Kë Ba Looi Alŋ Athma, bïdioo ë
piöc, ku kä juëc kök.

Gät rot piny bë yïin ya tuöc **athörëlek-lökayukar**
daan cöl **onAIR**, leŋ yic lëk juäc alŋ dhöl ye tuany
athma muk nom, wël puɔc yök jác cï Asthma
Australia looi yic ku keek aa lui rin bïk raan tök kem
kɔc ka dhoŋuaan baai Ÿothralia leŋ tuany athma ya
kony.

Nem www.asthma.org.au ba lëk kök yök wälä yup
1800 ASTHMA Telepunkuɔɔy (1800 278 462)



**ASTHMA
AUSTRALIA**

ALÆC KU RIN KƆƆC LEŊ KĒ CĪK KONY LON KĒN YIC.

Wëëu aa ke yök tën:

phn
NORTH WESTERN
MELBOURNE

An Australian Government Initiative

Lon Kids Health a cë rot lëu rin kucny cë yök tën North Western Melbourne Primary Health Network (NWMPHN) rin cĭ Akuma ë Yothralia ke gäm wëëu ë Lon PHN





**ASTHMA
AUSTRALIA**

Asthma Australia (MäktamVictoria) | RTO No - 4987

15-17 Dudley Street
West Melbourne VIC 3003

1800 ASTHMA

(1800 278 462)

asthma.org.au