

AJUIƎERDIƎƎN Ǝ LONƎ YƎLANY Ǝ ASTHMA Kǎk kuɔɔny Ǝ baai

Ci ƚiƎc mac

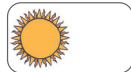


ƝiƎc wƎƎi ku ƚiƎc rƎƎr apieth.

Kɔɔr wƎƎl ye miƎƎt/wƎƎi yiƎƎc (blue puffer) nƎ nin kaa 2 yiic dhukupiny nƎ wikic.

WƎƎl de pƎƎn (Preventer):

TƎn bin Wal ya lɔɔm thɔn:



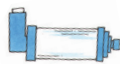
Lɔm nƎ kɔɔl thok ƎbƎn.

WƎƎl de kuɔɔny arƎƎm/wƎƎrbei (Reliever):

TƎn bin Wal ya lɔɔm thɔn:

Lɔm tƎ kɔɔr/wic yin yen.

Muk nƎ yin hom ba ya luui nƎ spacer.



Acii pieth apƎi / Ab ke jal rac



NƎ thƎƎr kɔk yiic, yinnƎ pƎƎc nƎ ninic ke yi ɔɔl /wƎi Ǝyuiit (awuɔɔu ye looi nƎ wƎƎi yic) / rook Ǝ piɔu.

Kɔɔr/wic wƎƎl ye miƎƎt/wƎƎi yiƎƎc (blue puffer) nƎ nin wƎr nin kaa 2 yiic nƎ wikic.

Lɔɔr tƎnƎ akimdu.

WƎƎl de pƎƎn (Preventer):

TƎn bin Wal ya lɔɔm thɔn:



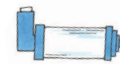
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Lɔm tƎ kɔɔr/wic yin yen.

Muk nƎ yin hom ba ya luui nƎ spacer.



Tɔu ke yi ciɔ guɔp piɔl apƎi (tɔ nƎ kƎ rilicic)



Ye pƎƎc wakɔu kɔk yiic ke yi ɔɔl /wƎi Ǝyuiit (awuɔɔu ye looi nƎ wƎƎi yic) / rook Ǝ piɔu.

Ye yic riel ba jam.

WƎƎl ye miƎƎt/wƎƎi yiƎƎc (blue puffer) acii lui.

Kuany kƎ ba ya looi cɔk tƎ de kƎ rilic tƎƎm rɔt de asthma.

KĚ BA YA LOOI TĚ DE KĚ RILIC TĚĚM RĚT DE ASTHMA

Käk kuɔɔny ɛ baai

Kiit ɛ tuany rilic de asthma nyuɔɔth.



1



Looi cök rot piny (Sit up).



2



Miɛɛt/wɛɛiɛ wäl thin naa 4 nɛ blue puffer ke ca rek kennɛ spacer. Miɛɛt/wɛɛiɛ wäl thin naa 1 nɛ door tükic ke yi ye kɔn beɛr wɛɛi thin ku wɛɛiɛ biyic naa 4 nɛ kaamdenic.

Tiɛɛtɛ nɛ digiik kaa 4 yiic.



3



Na kɛc ɲuɛɛn, ke yi Miɛɛtɛ/wɛɛiɛ wäl thin nɛ door kök kaa 4 nɛ blue puffer ke ca rek kennɛ spacer. Miɛɛt/wɛɛiɛ wäl thin naa 1 nɛ door tükic ke yi ye kɔn beɛr wɛɛi thin ku wɛɛiɛ biyic naa 4 nɛ kaamdenic.

Tiɛɛtɛ nɛ digiik kaa 4 yiic.



4



Na ɲoot ke kɛc ɲuɛɛn, ke yi cɔl riän ye kɔc lɛɛr panakim nɛ: 000. ɲoot ke yi Miit/wɛɛi wäl thin naa 4 nɛ digiik kaa 4 yiic ɛbɛn agut ci bi riän ye kɔc lɛɛr panakim bɛn.

