10 ways to live well with asthma

A Burmese community resource
Learn about asthma and how you know you have it.

- **ဗားလက္ခဏာများ**
  Tight airways.

- **ဖူးစည်း**
  Inflammation.

- **သီးခြေ**
  Mucus.

- **သီးခြေ**
  Healthy breathing tubes.

- **သီးခြေ**
  Asthma breathing tubes.
Symptoms of asthma.

- It is hard to breathe.
- You might cough a lot.
- Your chest feels tight.
- You may have a wheeze (whistling noise) coming from your chest.
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 A preventer keeps your breathing tubes healthy. Take your preventer every day even when well.
4 သင့် ပန္းနာရင္က်ပ္ ဆိုးရြားလာလွ်င္ ဘာလုပ္ရမည္ကို သင္သိမည္
Talk to your doctor about an Asthma Action Plan so you know what to do if your asthma gets worse.

5 အခမဲ့ စကားျပန္ တစ္ဦးကို ေတာင္းပါ။
Ask for a free interpreter.
Everyone who uses a puffer should use a spacer.
Talk to your doctor about the things that make your asthma worse. Do not smoke or breathe other people’s smoke.
Visit your doctor regularly to talk about your asthma.
Learn what to do in an asthma emergency.

Signs of very dangerous asthma.

1. Sit up.

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

4 မိုက် တောင်းဆို

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

4 မီးစားမယ်မှု့
Wait 4 minutes.

If still not better, call an ambulance: 000. Keep on giving 4 puffs every 4 minutes until the ambulance comes.
Do you need more information? Call 1800 278 462
(Free interpreter service)

The information contained within this brochure has been reviewed and endorsed by the Asthma Foundation of South Australia’s Medical and Scientific Advisory Committee.

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

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