

Kitu ambacho daktari wako anahitaji kujua:

Asthma: What your doctor needs to know

A community resource in Swahili

- Je unatumia dawa zingine
(zilizoandikwa na daktari au
hapana)?

Are you taking other medicines - prescribed or not prescribed?

- Ni mara ngapi unatumia kipumulio cha bluu?

How often do you use a blue puffer?

- Je unavuta sigara au kuishi na mtu anayevuta?

Do you smoke or live with a smoker?

- Je unapata dalili za puma wakati unafanya mazoezi?

Do you get asthma symptoms when you exercise?



- Je unaamuka mara nyingi usiku kwa kukohoa/piga chafya (kelele za chafya) kifua kubana?

Are you waking up at night with cough, wheeze (whistling noise), tight chest?

- Je kuna kitu cha madhara mabaya, homa ya mda, ugojwa wa ngozi (uliopindukia)?

Do you have allergies, hay fever, or eczema (dermatitis)?

- Je pumu yako inakuzuia kuweza kuishi maisha mazuri?

Does your asthma stop you from living life well?

- Mara ngapi unatumia mpira wa kuzuia?

How often are you taking your
preventer inhaler?