

## Sida Loo Isticmaalo Qalabka Daawada Neefta ee Budada Qalalan ee Diskus



1. Fur qalabka adiga oo qalabka ku haynaya meel afkaaga la heer ah oona la siman. Saar suulkaaga goobta qabsashada suulka oona u riix lidka jihadaada ilaa aad ka maqasho "gujino".



2. Isticmaal suulkaaga mar kale si aad ugu riixdo kabaalka qiyaasta meel ka fog qeybta afka ilaa aad ka maqasho "gujin".



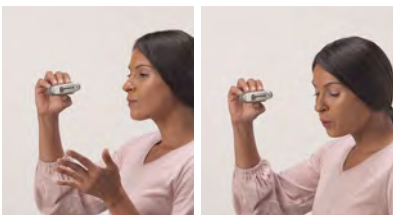
3. Ku neefso meel ka baxsan qalabka.



4. Geli qeybta afka afkaaga oo xidh bushimahaaga adoo si adag ugu xidhaya.

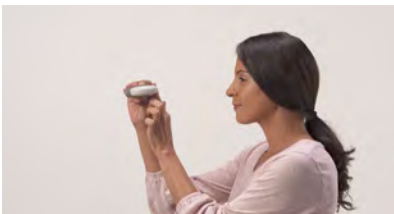


5. Si degdeg ah oo qoto dheer ugu neefso gudaha.



6. Ka saar qalabka Diskus-ka afkaaga oona isku hay neeftaada ilaa 10 ilbiriqsi. Si tartiib ah dibada ugu soo neefso.

Haddii aad u baahan tahay qiyaas kale oo daawo ah, sug 1 daqiiqo oo ku celi tillaabooyinka 2-7.



7. Biyo raaci oona ka seydh biyaha.



Farsamada gudo u neefsashada ee saxda ah ayaa muhiim ah marka aad qaadanyso daawadaada(wooyinkaada) neefta oo aadna la soconeyso neefsashadaada. Xaqiiji inaad horay u soo qaadato dhammaan daawooyinkaaga iyo aaladahaada booqasho kasta oo aad u imaaneyso daryeel bixiyahaaga koowaad ama farmashiistahaaga si aad u xaqiijiso isticmaalkooda saxda ah, ama haddii ay dhibaato kaa haysato isticmaalkooda.

Wixii muuqaalo dheeraad ah, waraaqo-yari ah, casharro iyo agabyo, booqo [Lung.org](https://www.lung.org).

Sawir Koodhka QR-ka si aad u gasho Muuqaalada Sida-Loo



Waxa kale oo aad la xidhiidhi kartaa daaweeyaha neef-mareenka si fool-ka-fool ah, taageero lacag la'aan ah oo ka socota Khadka Caawinta Sambabada ee American Lung Association (Ururka Sambabada Maraykanka) **1-800-LUNGUSA.**