



**Asthma**  
Australia

## 10 Njia nzuri za kuishi vizuri na pumu (asthma)

### **10 ways to live well with asthma**

A community resource in Swahili



# 1 Jifunze kuhusu pumu na jinsi ya kujua unayo.

Learn about asthma and how you know you have it.

## ● Hewa inayobana

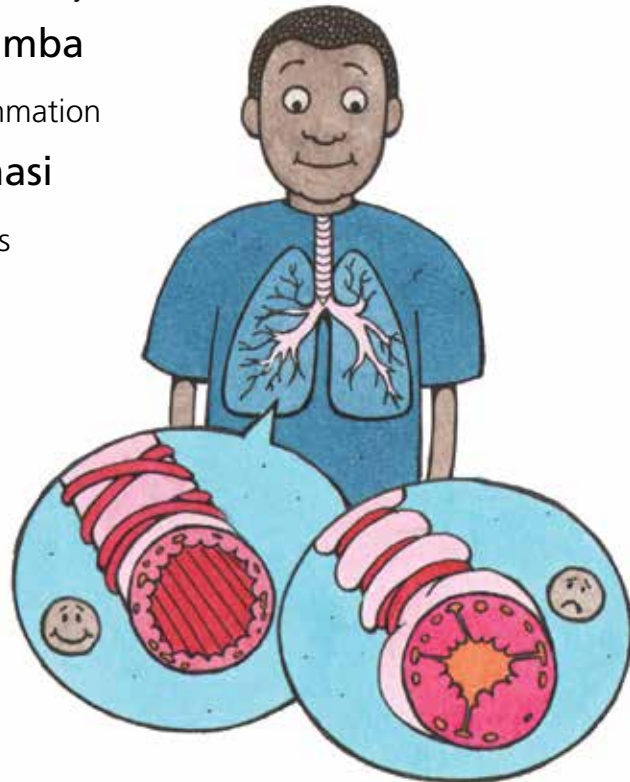
Tight airways

## ● Kuvimba

Inflammation

## ● Kamasi

Mucus



**Mipira ya kupumulia ya afya**

Healthy breathing tubes



**Mipira ya kupumulia ya pumu**

Asthma breathing tubes

## Dalili za pumu.

Symptoms of asthma



**Inakuwa vigumu kupumua**

It is hard to breathe

**Unaweza kukohoa sana**

You might cough a lot

**Kifua kinabana**

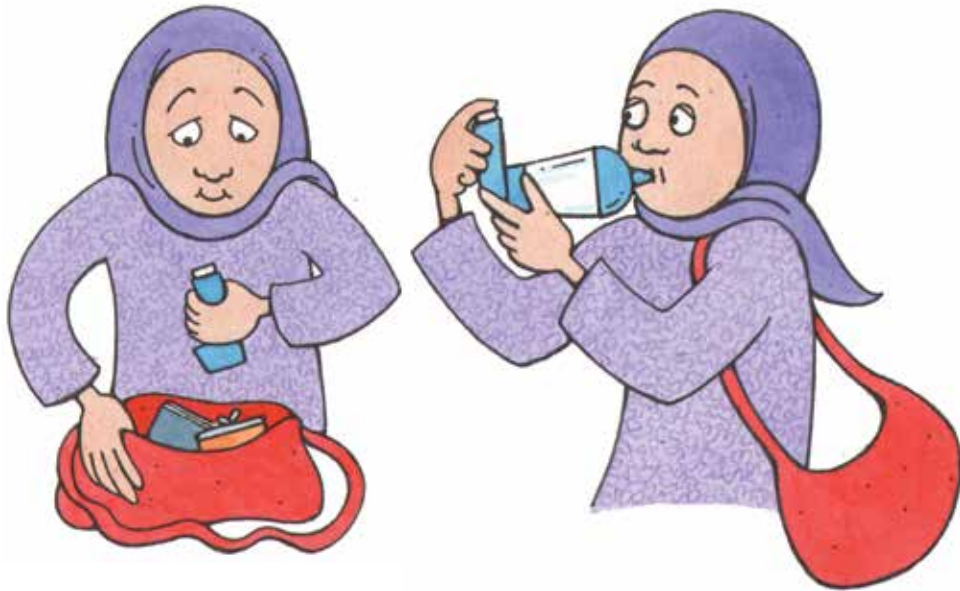
Your chest feels tight

**Unaweza kupiga chafya (sauti ya chafya) kutoka kwenye kifua chako**

You may have a wheeze (whistling noise) coming from your chest

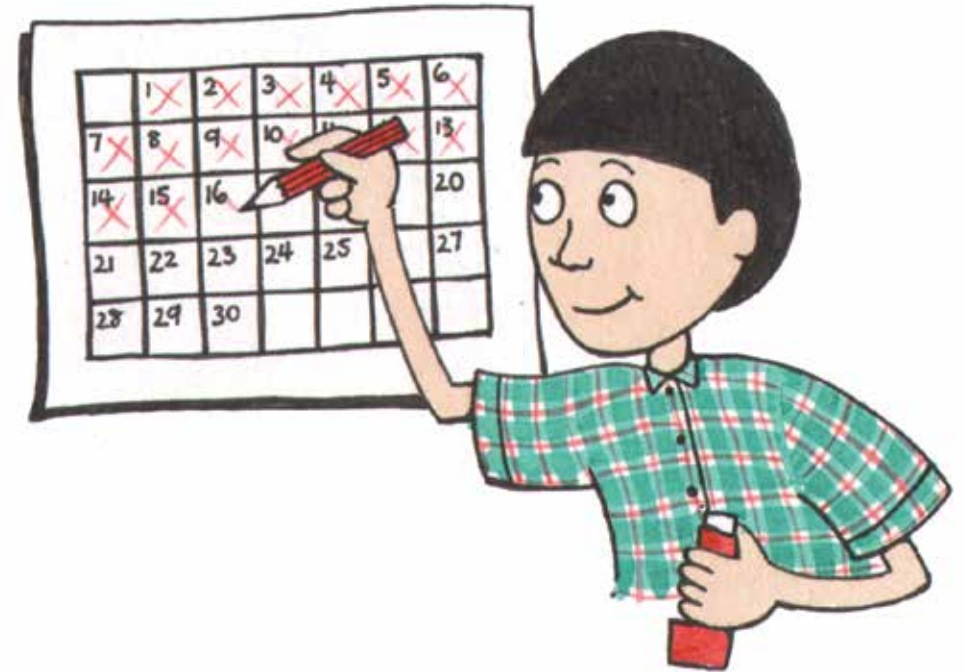
**2** Kipumilio cha bluu kinasaidia kufungua mipira ya kupumulia haraka. Mda wote beba kipumilio cha bluu. Kitumie mda wote ukipata dalili za pumu.

Blue puffers help to open your breathing tubes quickly. Always carry a blue puffer with you. Use it when you get symptoms of asthma.



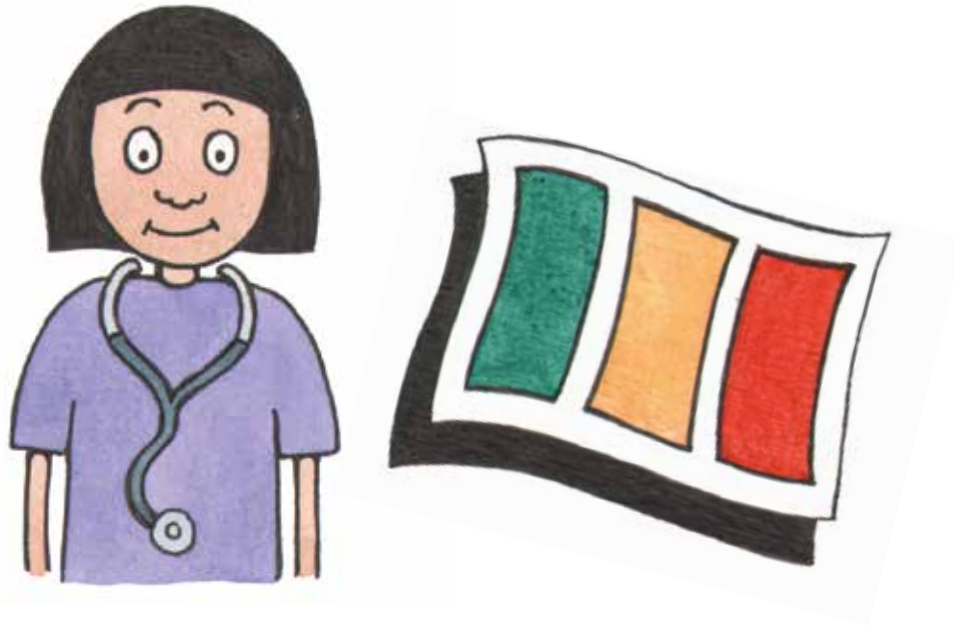
**3** Dawa ya kuzuia inakusaidia kutunza mipira ya kupumulia kwa afya. Chukua dawa ya kuzuia paomoja nawe popote hata kama hauumwi.

A preventer keeps your breathing tubes healthy. Take your preventer every day even when well.



**4 Zungumza na daktari wako kuhusu Mpango wa Hatua za Pumu ili uje kitu cha kufanya kama pumu yako ikiwa mbaya.**

Talk to your doctor about an Asthma Action Plan so you know what to do if your asthma gets worse.



**Uliza ili kupata mkalimani wa bure.**

Ask for a free interpreter.

**5 Zungumza na wataalamu wako wa Afya (daktari, famasia, nesi, wafanyakazi wa afya ) kuwa unatumia dawa zap umu na kwamba kifaa chako cha kutumia kuzuia pumu unakitumia vizuri.**

Check with your health professional (doctor, pharmacist, nurse, health worker) that you are using your asthma medicine and your asthma inhaler devices correctly.



## 6 Kila mtu anayetumia kipumilio cha pafu ni lazima atumie kile cha spasa

Everyone who uses a puffer should use a spacer.



## 7 Zungumza na daktari wako kuhusu vitu vinavyoweza kufanya pumu yako kuwa mbaya zaidi. Usivute au kupumua moshi wa watu wengine.

Talk to your doctor about the things that make your asthma worse. Do not smoke or breathe other people's smoke.



## 8 Tibu aina yoyote ya homa ili kusaidia pumu yako.

Treat your hayfever to help your asthma.



### Dalili za homa ya vipindi:

Symptoms of hay fever.

#### Macho kuwasha

Itchy eyes

#### Makamasi kutoka au kuzuia mapua

Runny or blocked nose

#### Kupiga chafya

Sneezing

10

## 9 Tembelea daktari wako mara kwa mara ili kuzungumzia pumu yako.

Visit your doctor regularly to talk about your asthma.



# 10 Jifunze jinsi ya kufanya wakati wa dharura ya pumu.

Learn what to do in an asthma emergency.

1



2



3



4



Je unahitaji habri zaidi? Piga 1800 276 482  
(Huduma ya Bure ya Wakalimani)

Do you need more information? Call 1800 276 482  
(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 Foundation SA does not replace professional medical advice. People should ask their doctor any questions about diagnosis or treatment.