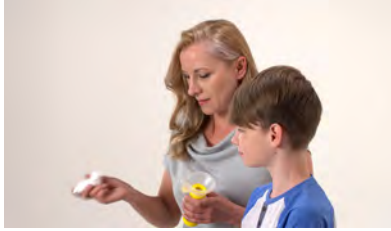
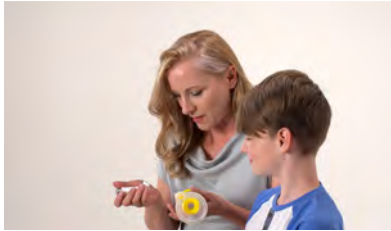


Neef-qaade cusub oona ugu muhiimsan: Kahor intaadan isticmaalin markii kuugu horeysay, haddii aadan isticmaalin wax ka badan 7 maalmood, ama haddii ay dhulka ku dhacday.



1. Rux qalabka neefta 10 ilbiriqsi.



2. Ka qaad furka qalabka neefta. Xaqiiji in qeybta afka iyo qalabka fudeynta qaadashada neefta ay nadiif yihiin oo aanay jirin wax gudaha uga jira af.



3. Geli qeybta afka qalabka neefta meesha furan ee qalabka fudeediya qaadashada daawada neefta. Ku xidh maaskaro qalabka fudeediya qaadashada daawada neefta haddii aanu horeba ugu xidhnayn.



4. Ku meelee maaskarada dusha sanko iyo afka qofka adoo si adag u xidhaya.

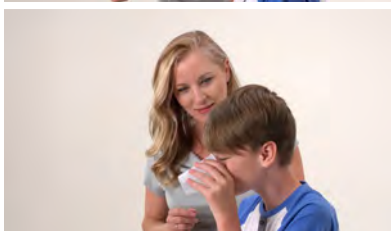


5. Halmar hoos ugu riix qalabka neefta.



6. Ku hay maaskarada wejiga qofka, inta ay qaadanayaan 6 neef oo joogto ah.

Haddii aad u baahan tahay baf-haweed daawo kale ah, sug 1 daqiiqo oo ku celi tillaabooyinka 4-6.



7. Biyo raaci oona ka seydh biyaha. Ku tirtir wejiga maro qoyan.

Farsamada gudo u neefsashada ee saxda ah ayaa muhiim ah marka aad qaadanayso 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 ee Maraykanka) **1-800-LUNGUSA.**