

**SIDA LOO ISTICMAALO AALADDA NEEFQAADASHADA OO
LEH TUBADA HAWADA CELISA**
(HOW TO USE AN INHALER WITH A SPACER/HOLDING CHAMBER-Somali)

1. Ilaa 10 ilbiriqsi luxlux aaladda neefqadashaada.
2. Aaladda neefqaadashada waxaad gelisaa tubada (farsamada waxey ku xirantahay nooca tubada hawada qaada; kala xiriir aqbaarta uu qoray sameeyaha).
3. Madaxaaga xogaa gadaal u jalleeci oo neefso ilaa ay sambabahaagu noqdaan kuwo gebigoodaba maran.
4. Afka hore ee aaladda afgaaga geli inta u dhaxeysa ilkahaaga oo bushimaha ku dabool. Afka aaladda carrabkaaga ha ku daabolin.
5. Hoos u riix dhululubabada aaladda neefqaadashada.
6. Si buuxda afkaaga ayaar kaga neefso.
7. Neefsashadaada ayaar u wad, sida ugu buuxda ee aad awoodi kartid.
8. Neefta cesho waxaana ayaar u tiriisa ilaa 10, haddaad awoodi kartid.
9. Illa 1 daqiiqo ha u dhaxeeyso inta aad neefta siideyneysid.

