



Asthma
Australia

**Kuer ka thiar (10) yenëke nyiec
pür ke adhiäma (asthma)
10 ways to live well with asthma**

A community resource in Dinka



1 Piöcë de adhiäma ku ye yin ee nyic kadï na tö'ke yin.

Learn about asthma and how you know you have it.

● Arölthii ace yic nhiaç

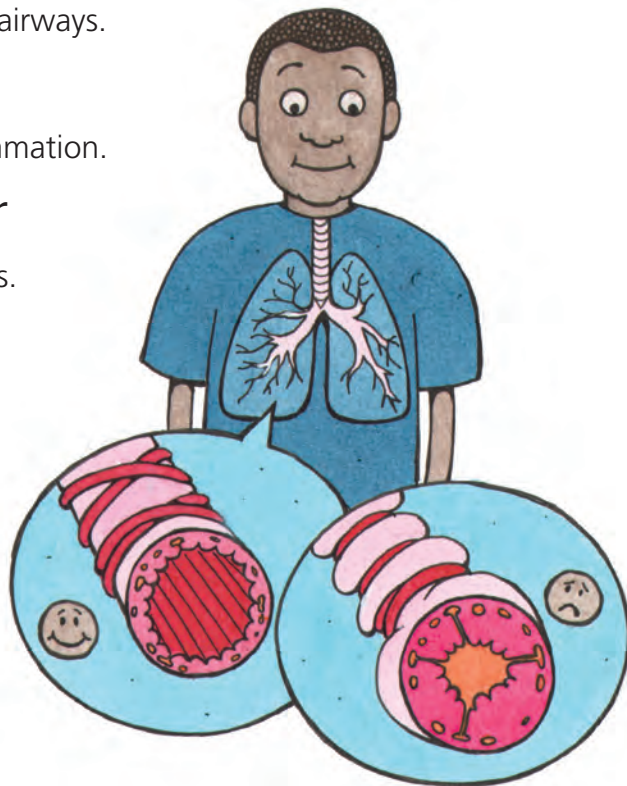
Tight airways.

● But

Inflammation.

● Atuoër

Mucus.



Rëël wëëi cïn tuany

Healthy breathing tubes.



Rëël wëëi nõḡ adhiäma

Asthma breathing tubes.

Cīt ke adhiäma.

Symptoms of asthma.



Ee yic riel tē wēēi ē

It is hard to breathe.

Yin alēu ba ɣɔl arēēt

You might cough a lot.

Pēēmdu (Puōndu) aye yök ke ci rōöm

Your chest feels tight.

Yin alēu ba kē lɔ yiityiit (ke lɔtēriit) bēn nē
yī pēēm (puōu)

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

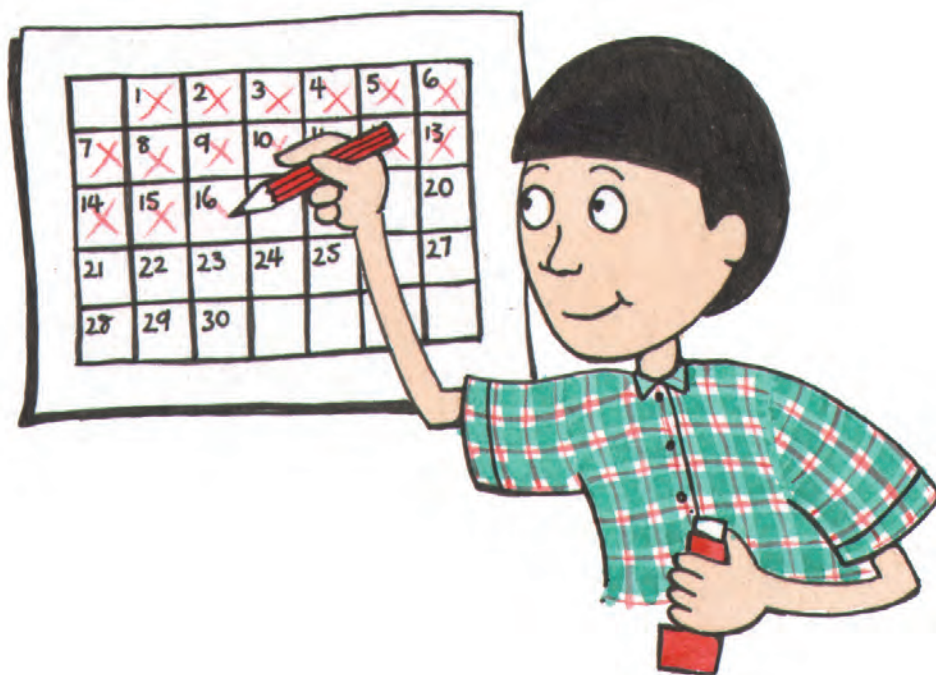
2 Pääpaa (puffer) maḡök akony në dac liëp yic ë rëlkun ke wëi. Ye pääpaa maḡök muk aluõt kek yin. Kuothë të cïn cît ke adhiäma moth.

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 Wälägäl ee rëilkun wëei cök tō ee ke puol. Lööm wälägëldu nē költhok ëbën agut tē puol yïn.

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



4 Jamë ke diktordu në wët Këloi Aciiir adhiäma (Asthma Action Plan) ku ba nyic yeju ba loi të dööt yen nyin racic.

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



5 Tiŋ kekë atëtdun kék pialguŋp (diktor, ranëwal, nëëth, ranlui tënë kékpiäl) na yin ee wäldun adhiämädu nyic loi ku adiitkun ke dhukwëëiyöt apuoth.

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

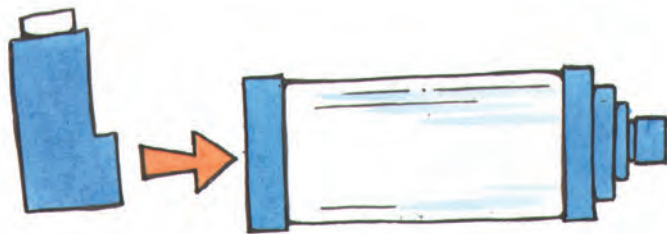


Thiëcë athook të cîn wëu.

Ask for a free interpreter.

6 Raan ëbën ye lööm në Päppa adhil bë ya lööm në agölööŋ.

Everyone who uses a puffer should use a spacer.



7 Jamë ke diktordu në bak ë ka lëu bë adhiämadu cök dïtnyin. Dunë math ka wëïi ë yöt tol kockök.

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



8 Lör tənəŋ diktordu aköllušt ba jam ne bak adhiämadu.

Visit your doctor regularly to talk about your asthma.



9 Pööce kë ba loi të tëëm adhiäma rot.

Learn what to do in an asthma emergency.

Citke adhiäma rəc

Signs of very dangerous asthma.



1



Cök yiköu

Sit up.



2



Kuothë yic 4 yen päppa
(puffer) mañök në
agölöñic- wëëi ë yic 4 të
cïn tök kuoth

Take 4 puffs of blue puffer with
a spacer. Take 4 breaths after
each puff.

Tiit tektek ka 4

Wait 4 minutes.



3



Të ɲot yen ëkëc ɲuën
ke lööm päppaa ka 4 në
maɲökic në agölönjic-
wëëi ë yic 4 të cïn tök
kuoth

If not better, take 4 more puffs
of blue puffer with a spacer.
Take 4 breaths after each puff.

Tiit tektek ka 4

Wait 4 minutes.



4



Të ɲot yïn ke yï këc ɲuën
ke yuöpë ambëlanh: 000.
Gëk ke yï kooth päppaa
ka 4 në tektek 4 yic
agutë bë ambëlanh bën.

If still not better, call an
ambulance: 000. Keep on giving
4 puffs every 4 minutes until the
ambulance comes.



10 Görë juënayieldu wal ku bë adhiämadu kony (tekic).

Treat your hay fever to help your asthma.



Cit ke ayiel

Symptoms of hay fever.

Ayiel ë nyin

Itchy eyes.

Waat ka athiek ë wum

Runny or blocked nose.

Tiim

Sneezing.

Gör yin në lëk juëc kjk?

Yuöpë 1800 278 462

(luji athook tëcin wëu thiëc)

Do you need more information? Call 1800 278 462
(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 of South Australia does not replace professional medical advice. People should ask their doctor any questions about diagnosis or treatment.

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