

# Mpangilio wanngu wa Pumu

## My Asthma Action Plan A community resource in Swahili



### Vizuri

Well controlled



Kupumua vizuri na kuishi maisha mazuri

Breathing well and living life well.

Kuhitaji kipumulio cha bluu chini ya mara mbili kwa wiki.

Need blue puffer less than 2 times a week.



### Sio nzuri sana

Not so good / Worsening



Mda mwingine kuamuka usingizini kwa kukohoa/ kupiga chafya (sauti ya chafya)/ kifua kupana

Sometimes wake from sleep with cough / wheeze (whistling noise) / tight chest.

Kuhitaji kipulizio zaidi ya mara mbili kwa wiki

Need blue puffer more than twice a week.

Nenda kwa daktari wako

Go to your doctor.



### Hali mbaya sana (Hatari)

Very unwell (Danger)



Naamuka mara nyingi usiku kwa kukohoa/piga chafya (kelele za chafya) kifua kubana

I wake up most nights with a cough / wheeze / tight chest.

Vigumu kuongea

Hard to speak.

Kupumulio cha blue hakifanyi kazi

Blue puffer not working.

Fuata 'kitu cha kufanya katika pumu ya dharura'

Follow what to do in an asthma emergency.

# Kitu cha kufanya pumu ya dharura

## What to do in an asthma emergency

A community resource in Swahili

### Dalili za pumu ya dharura

Signs of very dangerous asthma



**1**

**Simama**

Sit up



**2**

Chukua mivuto ya hewa 4 ya kipumilio cha bluu na kupumua mara 4 baada ya kuvuta hewa kwa kila hatua

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

**Subiri dakika 4**

Wait 4 minutes.



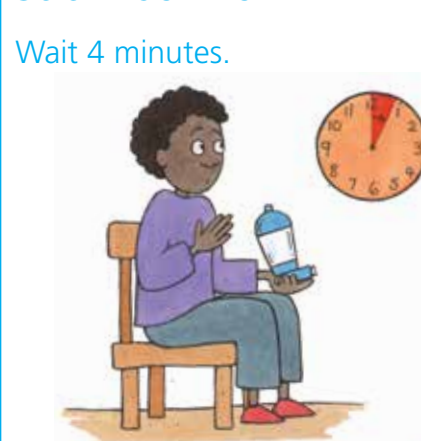
**3**

Kama haisaidii chukua mivuto mingine 4 ya kipulizo cha blue cha mrija – pumua mara 4 kila baada ya kuvuta kipulizo

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

**Subiri dakika 4**

Wait 4 minutes.



**4**

Kama bado haisaidii pigia ambulance: 000. Endelea kupata mivuto 4 kwa kila baada ya dakika 4 mpaka ambulance ifike.

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

