

Magaca: _____ Taariikhda Dhalashada: _____

Xasaasiyada ku dhacday: _____

Miisaanka: _____ lbs. Neefta: **Haa (khatarta sare ee falcelinta daran)** **Maya**

FIIRO GAAR AH: Ha ku tiirsanaan daawooyinka xasaasiyada ama daawada neefta (bronchodilators) si loo daweeyo falcelinta daran. Isticmaal **EPINEPHRINE**.

Si aad ah uga falceliya xasaasiyadaha soo socda: _____

SIDAAS Darteed:

- Haddii la hubiyo, sii epinephrine isla markaaba haddii xasaasiyadda ay SUURTOGAL TAHAY in loo cuno, calaamad KASTA.
- Haddii la hubiyo, sii epinephrine isla markiiba haddii xasaasiyadda si HUBAAL AH loogu cuno, xitaa haddii aysan muuqan wax calaamado ah.

MID KASTA OO SOO SOCOTA: CALAAMADAHADA DARAN



SAMBABKA

Neefta oo ku yaraata, hiinraag, qufac soo noqnoqda



WADNAHA

Maqaar guduudan ama midab buluug ah, daal, garaaca wadnaha oo daciif ah, dawakhaad



CUNAHA

cidhiidhi ama xabeeb, neefsashada oo dhib ah ama liqidda



AFKA

Carrabka ama dibnaha oo barara weyn yeesha



MAQAAR

Cuncun badan oo jidhka ah, casaan baahsan



CALOOL

Matag soo noqnoqda, shuban daran



MID KALE

Inaad dareento wax xun ayaa ku dhow inay dhacaan, walaac, wareer

AMA ISKU DHAFKA
calaamadaha ka imaanaya meelo kala duwan oo jirka ah.

1. **ISKU DUR EPINEPHRINE ISLA MARKIIBA.**
2. **WAC 911.** U sheeg soo diraha degdega ah ee qofka ay hayso xasaasiyadu waxaana laga yaabaa inuu u baahdo epinephrine marka ay yimaadaan jawaabayaasha degdega ah.
 - Tixgeli inaad siiso daawooyin dheeri ah oo soo socda xasaasiyada:
 - » Antihistamine-ta
 - » Inhaler (bronchodilator) haddii aad xiiqayso
 - Qofka jiifa, lugaha kor u qaad oo jiifi. Haddii neefsashadu ku adag tahay ama ay matagayaan, ha fadhiisteen ama dhinac u jiifsadeen.
 - Haddii astaamuhu aanay ka soo rayn, ama calaamaduhu soo noqnoqdaan, qiyaaso badan oo epinephrine ah ayaa la siin karaa ilaa 5 daqiiqo ama ka badan ka dib qiyaasta ugu dambeysa.
 - Ogaysii xiriirada degdega ah.
 - U qaado bukaanka ER, xitaa haddii calaamaduhu xalimaan. Bukaanku waa inuu ku jiraa ER ugu yaraan 4 saacadood sababtoo ah calaamaduhu way soo laaban karaan

CALAAMADAHADA FUDUD



SANKA

Cuncun ama duuf, hindhiso



AFKA

Afka oo cuncuna



MAQAAR

Woxogaa cuncun ah, cuncun fudud



CALOL

Lalabbo khafiif ah ama raaxo la'aan

CALAAMADAHADA FUDUD EE KA IMANAYA IN KA BADAN HAL NIDAAM OO AAGGA AH, SII EPINEPHRINE.

CALAAMADAHADA FUDUD EE NIDAAMKA KALIYA AAGGA, RAAC DAREENKA HOOSE:

1. Antihistamines-ka waa la siin karaa, haddii uu dalbado bixiye daryeel caafimaad
2. La joog qofka; u digtoonow xiriirada degdega ah.
3. Si dhow ula soco isbedelada. Haddii calaamaduhu ka sii daraan, sii epinephrine.

DAAWOYINKA/QIYAASTA

Astaanta Epinephrine ama Guud ahaan: _____

Qiyaasta Epinephrine: 0.1 mg IM 0.15 mg IM 0.3 mg IM

Astaanta Antihistamine-ka ama: _____

Astaanta Guud: _____

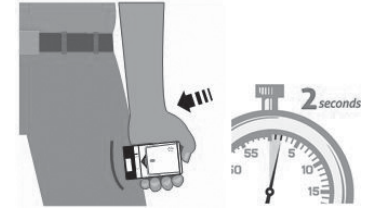
Qiyaasta Antihistamine: _____

Kuwo kale (tusaale ahaan, neef-qaadiyaha-bronchodilator haddii hiinraag jiro): _____

SIDA LOO ISTICMAALO AUVI-Q® (EPINEPHRINE DURISTA AH, USP),

1. Ka saar Auvi-Q kiiska dibadda
2. Ka saar ilaaliyaha badbaadada ee cas
3. Dhig dhamaadka madowga ee Auvi-Q oo ka soo horjeeda badhtamaha bowdada sare.
4. Si adag u cadaadi ilaa aad ka maqasho dhag iyo sanqadh, oo meesha ku hay 2 ilbiriqsi.
5. Wac 911 oo hel gargaar caafimaad oo degdeg ah isla markaaba.

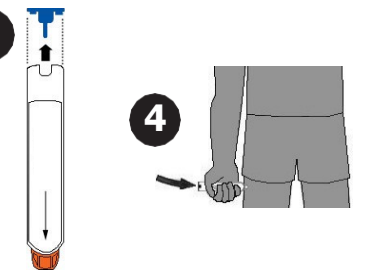
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SIDA LOO ISTICMAALO QALABKA EPIPEN® IYO EPIPEN JR® (EPINEPHRINE) ISKU DURITAAN TOOS AH IYO ISKU DURITAANKA EPINEPHRINE (EPIPEN-TA GUUD EE LA OGOLYAHAY®), DURAHA TOOSKA AH EE USP, DURAHA TOOSKA AH EE MYLAN, MYLAN

1. Ka saar EpiPen® ama EpiPen Jr® Duraha tooska ah ee tuubada sidaha cad.
2. Ugu Qabo irbadda toos gacantaada caarada liimiga ah (dhamaadka irbadda) oo hoos u tilmaamaya.
3. Gacantaada kale, kaga saar sii daynta badbaadada buluuga ah adiga oo si toos ah u jiidaya.
4. U lul oo si adag ugu riix badhanka bowdada dibadda ilaa uu 'gujiyo'
5. Si adag u qabooji 3 ilbiriqsi (si tartiib ah u tiri 1, 2, 3).
6. Ka saar oo duug meesha laga duray ilaa 10 ilbiriqsi.
7. Call 911 and get emergency medical help right away.

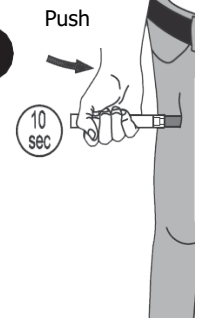
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SIDA LOO ISTICMAALO IMPAX EPINEPHRINE-TA LA ISKU DURO (ADRENALIN GUUD EE LA OGOLYAHAY), DURITAANKA TOOSKA AH EE USP, SHAQAALAHA IMPAX

1. Ka saar epinephrine durida tooska ah ee kiiskeeda ilaalinta.
2. Ka soo saar labada koofiyadood ee buluugga ah: hadda waxaad arki doontaa caarada guduudan.
3. Ugu qabo irbadda sida tooska ah ee gacantaada iyadoo caarada gaduudan ay hoos u jeedo.
4. Ku rid caarada cas dhanka dhexe ee bowdada bannaanka xagal 90-degree ah, oo siman bowdada.
5. Si adag u cadaadi oo si adag u qabo bowdada ilaa 10 ilbiriqsi.
6. Ka saar oo duug aagga 10 ilbiriqsi.
7. Wac 911 oo hel gargaar caafimaad oo degdeg ah isla markaaba.

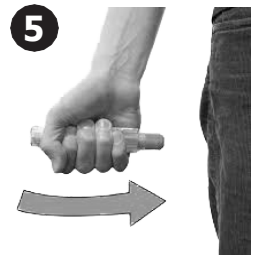
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SIDEE LOO ISTICMAALAA GUUD AHAAN TEVA'S EPIPEN® (EPINEPHRINE-TA DURIDA AH, USP) DURIDA TOOSKA AH, TEVA WERSHADAH DAWOOYI

1. Si degdeg ah u leexi furka jaalaha ah ama cagaarka ah ee mudaha tooska ah ee jihada "falaarta marooji" si aad uga saarto.
2. U qabso irbadda si toos ah gacantaada caarada liimiga ah (dhamaadka irbadda) oo hoos u tilmaamaya.
3. Gacantaada kale, kala bax sii-deynta badbaadada buluugga ah.
4. Dhig caarada liimiga ah dhanka dhexe ee bowdada bannaanka (lugta sare) xagal qumman (ku toosan) ilaa bowdada.
5. U lul oo si adag ugu riix badhanka bowdada dibadda ilaa uu 'gujiyo'
6. Si adag u qabooji 3 ilbiriqsi (si tartiib ah u tiri 1, 2, 3)
7. Ka saar oo duug meesha laga duray ilaa 10 ilbiriqsi.
8. Wac 911 oo hel gargaar caafimaad oo degdeg ah isla markaaba.

5



MAAMULKA IYO MACLUUMADKA AMMAANKA EE LOOGU TALO GALAY DURIDA TOOSKA AH

1. Ha saarin suulkaaga, farahaaga, hana u dhiibin caarada istootada ama ha ku durin qayb ka mid ah jirka oo aan ahayn bowdada dhexe. Haddii ay dhacdo irbad shil ah, isla markiiba u tag qolka gurmada ee kuugu dhow.
2. Haddii la maamulayo ilmo yar, si adag u hay lugtooda ka hor iyo inta lagu jiro duritaanka si looga hortago dhaawacyada.
3. Epinephrine waxa lagu duri karaa dharka haddii loo baahdo.

Wac 911 isla markaaba duritaanka ka dib.

TILMAAMAHA/XOGTA KALE (waxaa laga yaabaa inuu iskiis u qaato epinephrine, wuxuu isku-maamuli karaa epinephrine, iwm.):

Daawee qofka ka hor inta aanad wicin xiriirada degdega ah. Calamadaha ugu horreeya ee falcelinta waxay noqon karaan kuwo khafiif ah, laakiin calaamaduhu si degdeg ah ayay uga sii dari karaan.

XIRIIRADA DEGDEGGA AH - Wac 911

Kooxda Samatabbixinta: _____

DHAKHTARKA: _____ TELEFOONKA: _____

WAALIDKA/MAS'UULKA: _____ TELEFOONKA: _____

XIRIIRADA KALE EE DEGDEGGA AH

MAGACA/XIRIIRKA: _____ TELEFOONKA: _____

MAGACA/XIRIIRKA: _____ TELEFOONKA: _____

MAGACA/XIRIIRKA: _____ TELEFOONKA: _____