



Forun Ai Mwiiak ME Non Imw me Sukun

Itei: _____ Ranin upwutiw ____ / ____ / ____

Tichikin an Fisingeni ei: fan ew chok fan ru non ew Fis pwan morono mi chok fifis ngeni ei iteitan

Metoch ekan afisata ai mwii (list): _____

Peak Flow Meter Personal Best: _____

Green Zone: Euchuno

Esisinen: mi fetaneoch ngasangas – Ese mwor ika mwii – tongeni angang ika urumot– Meureoch nepwin
keukun an ngasangas _____ (nap seni 80% euchun)

Pwinin maraman an angei apwosun mater: a angei: _____ epwe angei sefan apwosun mater non: _____ COVID19 vaccine—Date received: _____

Keukun Safei: Safei _____ Fite kopwe angei _____ Inet kekan angei: Angei me ia imw Sukun
_____ imw Sukun

Physical Activity Aia Albuterol/Levalbuterol _____ Koi, 15 minich me mwan mwokutukut mokutukut meinisin Inet chok a mochen angei

Yellow Zone: Tumwunuechu

Esisinen: Weires ne ngas– mwor, mwi, ika ngut fan mwar–weiresn ne angang ika urumot– Neno nepwin
Keukun an ngasangas _____ ngeni _____ (nefinen 50% me 79% Euchun)

Safei mi mwitir ngeni) Albuterol/Levalbuterol _____ koi iteitan 20 minich non ukukun 4 awa
safei mi opochukun) sopweno on safeian green zone
 apachata _____ siwini ngeni _____

Ina kopwe mefi pochokun non 20-60 minich mwirin om un ekenea safei mi mwitir. ika ke mefi apwangapwang ren forun Yellow Zone no 24 awa, iwe ka fiti ena RED ZONE ika mwitir kori tokter!

Red Zone: Anisi ei iei!

Esisinen: sokopat osukosukan an ngasangas– Ese tongeni angang ika urumot – Apwangapwang nap seni pochokun –Ese nis ren safei
keukun an ngasangas _____ (kukun seni 50% an pochokun)

Mwitir angei-relief Medicine iei! Albuterol/Levalbuterol _____ koi, _____ (ifa usun)
mwitir kori 911 ika pwe ekei eke esisinen mi onuwokus mi pwata: • weires ne fetan/kapas seni weiresin ne ngasangas
• tunawan ika ukun peun a enuwen araw
• mi chuen nom non red zone mwirin 15 minich

Chon Angangen non Sukun: Fiti ena enuwen oneon me zone mi par ren safei mi mwitir anongonong won esisinen an mwi.
Ena chok safei mi pochokun a mwumwuta me non sukun ena non na Green Zone mi pwan chek nukun na "angei me non sukun"

Me ru ekena Healthcare Provider me same me inn ekena re mefi pwe ewe semirit ir mi tongeni pwusin aia ar kewe inhaler pwan pachonong ar tongeni pusin ereni ewe sense ika ekewe esisin mi tori ese mwono ren ewe safei e angei.

Tokter
Itan _____ Pwininmwaram _____ Fon(_____) _____ - _____ Sain _____

Sam/me inn
 Uwa mwutata pwe ekewe safei mi mak non ewe Action Plan epwe katou seni ewe kangofen ewe sukun me ekewe chon angang.
 Uwa mwutata an epwe wor porous fengen nefin ekewe tokter ika pioing, kangof non sukun, chon eureuren safei non sukun me ewe nenien safei non sukun fanitan neiwe
Itom _____ Pwininmaram _____ fon (_____) _____ - _____ sain _____

Kangof non sukun
 Ewe chon sukun mi tongeni pusin aia ika uwei an ewe inhaler, mi pwan tongeni ereni ekewe wate ika ewe esisinen semwen ese wesino ren ewe safei.
Itom _____ Pwininmaram _____ fon (_____) _____ - _____ Signature _____

How to Use a Metered-Dose Inhaler with a Valved Holding Chamber (Spacer)

Aian minafon inhaler: Me mwan om kopwe keran aia, ika kose mo pin aia nuseni 7 ran ika pwe afen koturutuw.



1. Uchuki ena inhaler non ukukun 10 seken.



2. Eti ena apwonun me pinepinan na Tumunueochu ena minen aw me ena komwochun repwe nimeoch esap wor metoch non na mouthpiece ika minen aw



3. wanong ena inhaler non na inisin ika kamwochun



4. atowawa seni awom unusan na inhaler ka ngasangas



5. angei inisin na ka pachenong non awomw



6. Fiei fan ew ka ngasechou ekis amwochu.



7. amwochu om ngasangas non 10 seken, mwirin ka apwetetei omw ngasarawu

ika kepwan mochen koi sefan ena safei/inhaler, ka uti lminich murin ka eniwini sefan forun 4-7



8. Chiri ngeni konik ka atufawu.

Amen eucha om kopwe sineoch aian inhaler ika safein mwi me om kopwe katoneoch fetanin om ngasangas. Tumwunuweochu om kopwe uwei meinisin om safei me unumom safei ika kano churi noum tokter ika ekewe nenien kut safei pwe repwe chekieochu sinen aian ika pwe mi weires ngonuk om kopwe aia.

Ren meinisin fiior,taropwe,kaiten me aninisir, no ngeni [Lung.org](https://www.lung.org).

Skan ei QR Code om kopwe katon ekewe How-To Videos



kemi pwan tongeni porous ngeni ewe pekin respiratory , ese kamo an epwe ar repwe anisuk chon ewe American Lung Association's Lung HelpLine at **1-800-LUNGUSA.**