HARUKUNTU INGWARA YA ASIMA YOSHOBORA GUKINGIRWA MU BANA?

Ntakuntu assima ishobora gukingigwa. Ushobora vyonyene kurinda umwana ko yegera canke aja hafi y' gutera assima, cane cane mugihe akiri uruyoya atarashikana umwaka w' amavuko, mukumurinda:

- Kutanwera itabi mu nzu!
- Mukuba munzu isukuye.
- Mugutareka ngo inyabu canke imbwa mucumba cuburaro umwana araramwo.
- Mukwonsa umwana igihe kire kire.

Amaberebere acunga ubuzima kurusha amata y' ifu, kandi ashobora no gufasha mugukingira assima.

ASSIMA ISHOBORA KUVUGWA KANDI IGAKURIKIRANWA.

Nimba wibaza yuko umwana wawe afise assima, nyabuna mujane kwa muganga amusuzume. Ushobora gukurikirana assima mukuguma kure yibitera assima kandi ugafata imiti nkuko muganga yabigusobanuriye. Fata urya muti wonyene muganga ya kwandikiye.

Niba mukeneye inyigisho kuri interineti kuvyerekeye assima, genda murabe ngaha:

www.cdc.gov/asthma

www.lungusa.com

• • •

Inyigisho ziri muri aka gatabo byashizwe hamwe dukoresheje ibikoresho vya shizwe hamwe na:

Centers for Disease Control

The American Lung Association

The Office of Minority Health

The American Academy of Family Physicians

New York State Department of Health

Iyinyandiko yateguwe ifashijwe n'umutungo uvuye mu bushikiranganji bwubuzima hamwe n'ibiro biraba imibereho n'ibiro vy'impunzi zimuwe.

AHO KURONDERERA AMAKURU:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Telefoni: 202 • 347 • 3507
Fagisi: 202 • 347 • 7177
www.refugees.org

Assima ni iki?

What is Asthma?

(Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS

USCRI

www.refugees.org

Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

ASSIMA NI IKI?

Assima n' ingwara ituma umuntu ahema ningorane nyinshi. Hariho mumubiri wacu imikenke itwara impemu mubihaha. Assima ituma iyo mikenke ivyimba, igatuma uhema nabi ningorane nyinshi. Ntamuti ubaho wokiza assima, aliko irashobora kuvugwa n' imiti igashobora rimwe na rimwe gukingigwa.

ASSIMA IRATANDUKANYE NINGWARA ITEGEWA N'IMBEHO, NKA GIRIPE, INKORORA NA PINEMONI

Assima ntabwo itegwa nagakoko kandi ntabwo yandukira abandi. Nta muti wa assima ubaho, aliko hariho imiti ishobora gupfupfahaza, canke igashobora guhagarika ubukare bw'assima.

NIGIKI GITERA ASSIMA?

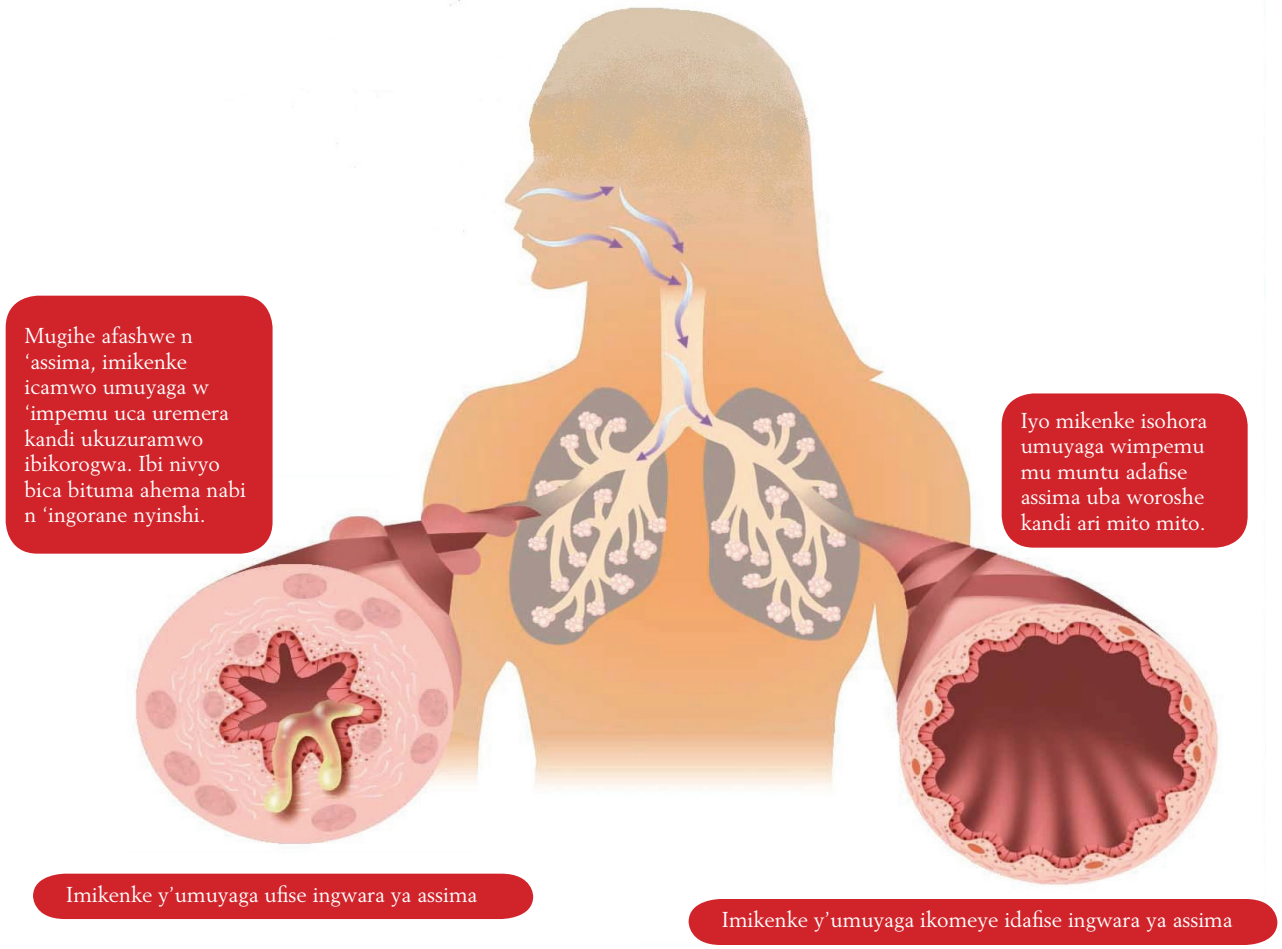
Ibitera assima biri kwinshi kandi biratandukanye umuntu kuyundi. Impavu zizwi nyinshi zitera assima ni nkizi:

- Ivumbi,
- intumuko iva kumashugwe,
- Ubwoya bw' ibikoko,
- inyenzi,
- imbeho,
- umunuko mukirere nk' itabi, imyotsi, canke umwotsi uva mu muduga,
- amasabune amota yo kwoza ibintu no munzu, hamwe n' amavuta bisiga afise akamoto gakaze
- ubugwayi,
- imbeho hamwe n'umuyaga mwinshi uturutse kubihe bihinduka
- bikomeye canke kunaniza umubiri ukora ibikuremera (ibi ntibivuga yuko umuntu afise assima adashobora gukora imirimo y' inguvu canke gukora imyimenyerezo yo kwiruka).

IBIMENYETSO VYA ASSIMA

Assima rimwe na rimwe iza giturumbuka igatuma udashobora guhema neza. Aha bibabikwereka yuko ugiye gufatwa.
Niba umwana afise ibi bimenyetso ubwo ashobora kuba afise assima:

- iyo ahema wumva asa nuwuvuza ifirimbi,
- impemu ziwe zisa naho ziva kure,
- yumva mugikiriza haremereye, canke
- Akorora kumugoroba canke mugitondo.



Vyavuye: Amerika akademi y'indwara zifata umubiri, assima nindwara zandukira.