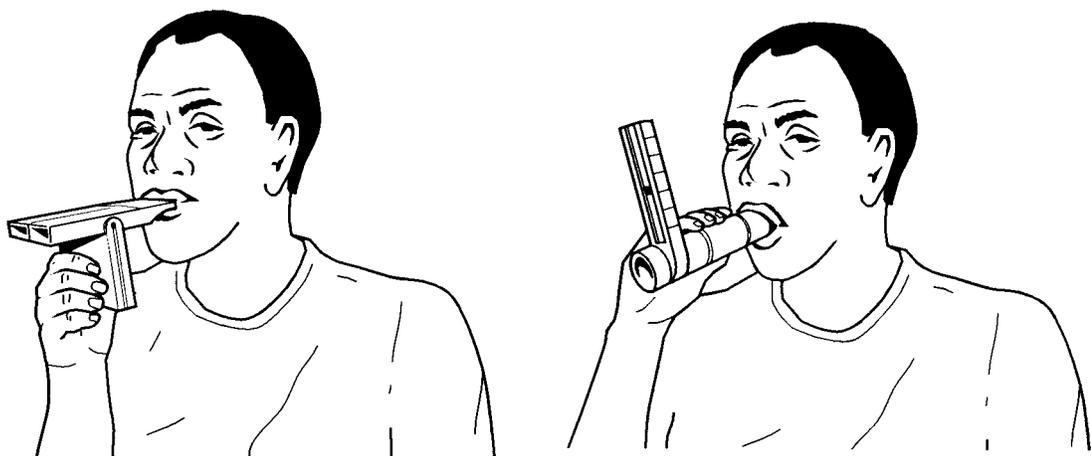


# Peak Flow Meter

A peak flow meter measures how fast air moves out of the lungs. This is a good way to check changes in your airways from asthma before you may feel them. Then you can take your medicines early to stop these changes and avoid a severe asthma attack. Use a peak flow meter as directed by your doctor.

## How to use your peak flow meter:

1. Connect the mouthpiece to the peak flow meter.
2. Move the mark to zero.
3. Hold the meter with the thumb and the forefinger of one hand.
4. Stand up or sit up straight.
5. Take in a deep breath.
6. Close your lips tightly around the mouthpiece.



# Mitirka Socodka Hawada ugu Sarreysa

Mitirka socodka hawada ugu sarreysa wuxuu cabbiraa sida ugu xawaaraha badan ee hawadu sanbabada uga soo baxdo. Kanu waa hab wanaagsan oo lagu hubiyo isbeddelka marinnadaada hawada markaad neef qabtid ka hor inta aadan iyaga dareemin. Markaas daawada ayaad qaadan kartaa waqti hore si aad isaga joojiso isbeddelladaan aadna uga fogaatid weerar daran oo ay neef ama samo kugu soo qaaddo. Mitirka socodka hawada ugu sarreysa u isticmaal sida uu dhakhtarkaagu ku taliyey.

## Sidee loo isticmaalaa mitirka socodka hawada ugu sarreysa:

1. Gabalka afka ku xir mitirka socodka hawada ugu sarreysa.
2. Calamadda eber gee.
3. Mitirka suulka iyo farta murugsatada ee hal gacan ku qabo.
4. Istaag ama si toosan u fadhiiso.
5. Neef qoto dheer gudaha u jiid.
6. Faruuryahaaga si adag ugu qabo gabalka afka la gashto.



Peak Flow Meter. Somali

7. Blow out as hard and fast as you can into the mouthpiece with one blow.
8. Write down the number. If you cough or make a mistake, reset the mark to zero and do it again.
9. Do this 3 times. Record the highest of the three readings.
10. Clean the mouthpiece with soap and water.

## **What the Reading Means**

- **Green Zone:** Means your peak flow shows your lungs are working well. Your medicine is working and you can go ahead with your daily activities.

**Your green zone is readings above \_\_\_\_\_.**

- **Yellow Zone:** Means your lungs are working harder. Your medicine may need to be changed. Take the action your doctor has ordered for you or call your doctor. Use caution in your daily activities.

**Your yellow zone is readings between \_\_\_\_\_ and \_\_\_\_\_.**

- **Red Zone:** Means you are having breathing problems and your asthma is not under control. Go to the doctor or call 911. You need treatment right away.

**Your red zone is readings below \_\_\_\_\_.**

7. Hal mar hawo dibedda gabalka afka la gashado ugu soo afuuf sida ugu adag uguna dheereysa ee aad awooddid.
8. Qor lambarka. Haddii aad qufacdo ama aad khalad sameyso, calaamadda mar kale eber gee ka dibna mar kale samee.
9. Tan 3 goor samee. Diiwaan geli midda ugu sarreysa saddexda akhrin.
10. Gabalka afka la gashado ku nadiifi saabbuun iyo biyo.

### **Muxuu yahay Macnaha Akhrintu**

- **Aagga Cagaaran**—macnihiisu waa socodka hawada ugu sarreeya wuxuu muujinayaa in sanbabadaadu si wanaagsan u shaqeynayaan. Daawadaadu way shaqaynaysaa isla markaana waxaad si wadan kartaa hawl maalmeedyadaada.  
**Aaggaaga cagaaran wuxuu akhrinayaa wax ka sarreeya \_\_\_\_\_.**
- **Aagga Jaallaha ah**—macnihiisu waa sanbabadaadu si adag ayey u shaqaynayaan. Daawadaada waxaa laga yaabaa in ay u baahan tahay in la beddelo. Qaad tallaabada uu dhakhtarkaagu amro ama wac dhakhtarkaaga. Taxaddar u isticmaal hawl maalmeedyadaada.  
**Aaggaaga jaallaha wuxuu akhrinayaa inta u dhexeysa \_\_\_\_\_ iyo \_\_\_\_\_.**
- **Aagga Guduudan**—macnihiisu waa inaad neefsashada dhib ku qabtid isla markaana asmadaadu ama neeftu aysan koontaroolneyn. Aad dhakhtarka ama wac 911. Waxaad u baahan tahay daaweyn isla markiiba ah.  
**Aaggaaga guduudan wuxuu akhrinayaa wax ka hooseeya \_\_\_\_\_.**

Some meters have color markers that can be set to show your target zones. Your doctor or nurse can help you figure out your target zones, based on your readings when your asthma is controlled. You may need to check your readings for several days and then bring them with you to the doctor's office or clinic. Your target zone may be different than another person's because of your size, age and lung function.

**Talk to your doctor or nurse if you have any questions or concerns.**

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Mitirrada qaarkood waxay leeyihiin calaamadeeyeyaal midab leh kuwaasoo lagu hagaajin karo in ay muujiyaan aagagga aad abbaarsaneyso. Dhakhtarkaagu ama kalkaalisadu waxay kaa caawin kartaa inaad ogaatid aagagga aad abbaarsaneysid, iyadoo ku saleysan akhrintaada marka asmadaada ama neeftaada la koontaroolo. Waxaa laga yaabaa inaad u baahato inaad hubiso akhrintaada dhowr maalmood ka dibna aad ula timaaddo xafiiska dhakhtarkaaga ama shaybaarka. Aaggaaga bartilmaameedku waxaa laga yaabaa inuu ka duwan yahay midka qof kale cabbirka, da'da iyo shaqada sanbabkaaga awgiis.

**U sheeg dhakhtarkaaga ama kalkaalisada haddii aad su'aalo ah ama walaac ah qabtid.**

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Peak Flow Meter. Somali