

GWEMA UKUNGCOLISA UMOYA

GWEMA I-ASTHMA

Ukungcoliswa komoya (umoya ongcolile) kuyimbangela enkulu ye-asthma njengoba kwenza kube nzima ukuphefumula futhi kuthinta impilo yabantu, izilwane kanye nezitshalo. Ukugwema ukugcolisa umoya kusiza ekuvimbeleni izimpawu ze-asthma!

Indlela yokugwema ukugcolisa umoya



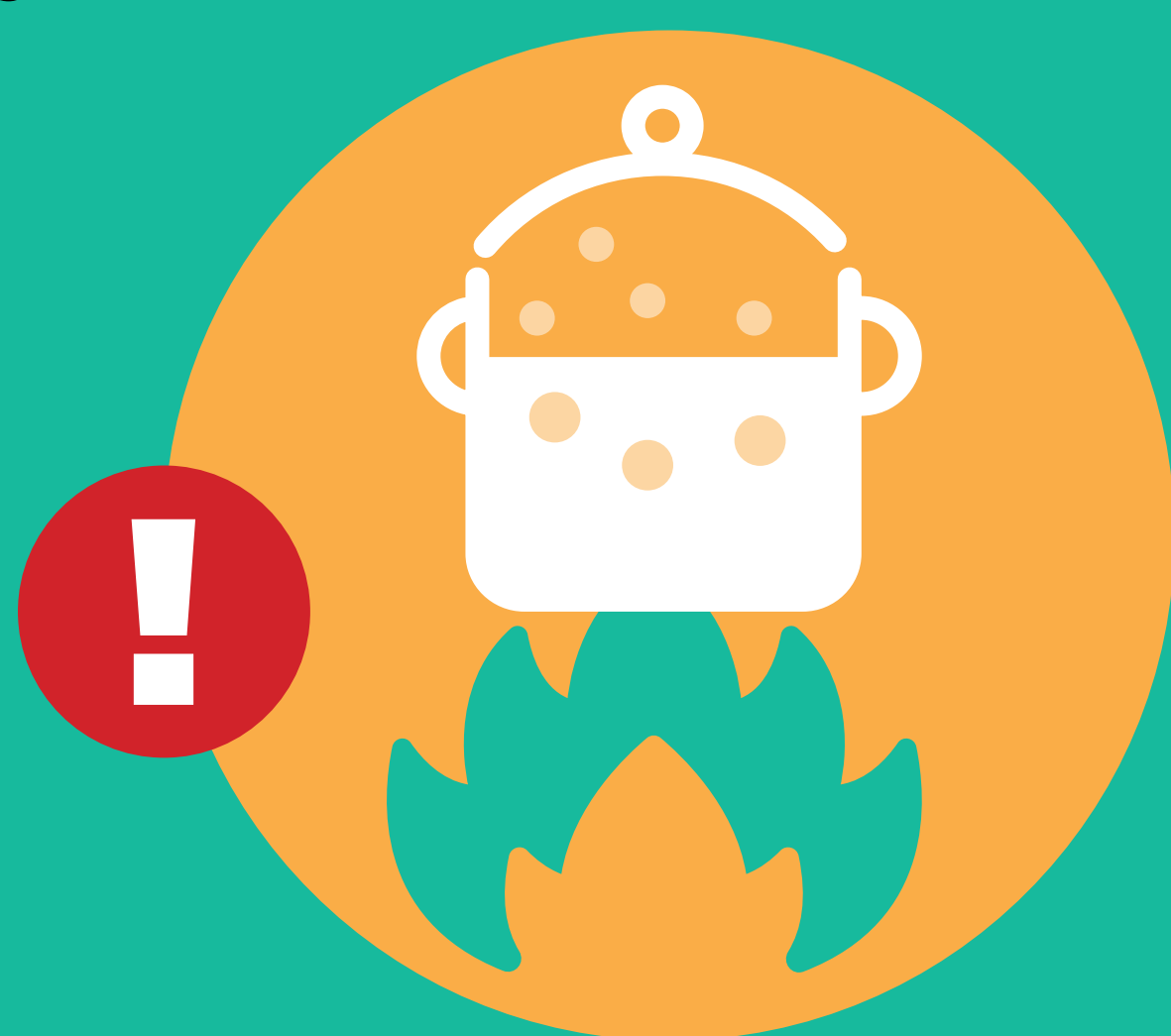
Gwema ukuhamba emigwaqeni ephithizelayo

Izimoto kanye namaloli zikhipha intuthu eyingozi kithi



Gwema izindawo ezishayo kanye nezimboni

Intuthu ephuma kulezi zindawo inamakhemikhali angeke athandeke emaphashini akho



Pheka ngezinye izinto ngaphandle kukapharafini, amalahle noma izinkuni ukuze unciphise ukuhogela intuthu

Kungcono ukupheka ngohhavini, isitofu sikagesi noma i-microwave



Ungasondeli entuthwini kagwayi, i-vape noma i-hubbly

Yonke le mikhiqizo inamakhemikhali enza amaphaphu abe buthaka. Uma abangane noma umndeni wakho ubhema, ungamane uphumele ngaphandle

I-ASTHMA YABASEBASHA

I-asthma iyinkinga yokuphefumula ejwayelekile eNingizimu Afrika



I-asthma ithinta u-20%
wazo zonke izingane
eNingizimu Afrika



INingizimu Afrika
iyizwe elisendaweni
ka-25 emhlabeni
wonke enokusabalala
khona kwe-asthma



INingizimu Afrika
iyizwe elisendaweni
ka-5 emhlabeni wonke
elinabantu abaningi
ababulawa i-asthma

Kungenzeka une-Asthma uma



Unesifuba
esicinene



Ukhwehlela futhi/
noma uswininiza



Uphelelwa
umoya

ikakhulukazi lapho unomkhuhlane, uzivocavoca noma uphefumula umoya ongcolile noma intuthu kagwayi ongabhenywa nguwe noma intuthu ye-vape, noma lapho imizwa yakho iphakeme kakhulu. Konke lokhu kungavusa izimpawu ze-asthma



Ingabe bewazi?

I-asthma ingalawuleka futhi ungaba nokuphila okuvamile nokukhiqizyo. Ukuhlolwa udokotela kungakuvumela ukuthi uthathe imithi yokwelashwa eyenza

ukuphefumula kube lula. Imithi ye-asthma iphephile futhi ingasetshenziswa nayizingane ezincane. Ukuthi phafu nje ngosuku kungacina udokotela ekude nawe!

