

# Caabuqa hawo mareenka

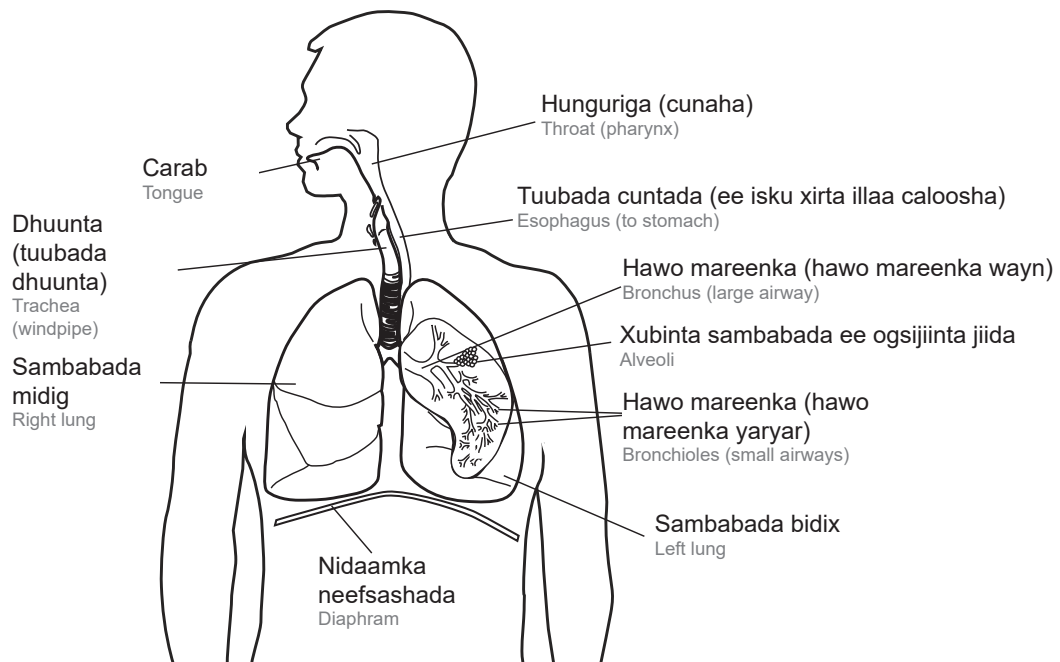
## Bronchitis

Bronchitis is swelling of the lining of the large airways called bronchi in the lungs. The swelling causes more mucus than normal to be made. This can block the airflow through the lungs and may damage the lungs.

**Acute bronchitis** often starts to get better in days, but the cough may last 2 to 4 weeks. Over the counter medicines can help to control aches, fever and loosen mucus. Treatment by your doctor may not be needed unless you are not feeling better or you have more trouble breathing.

Caabuqa hawo mareenka waa barar kuyimaada geesaha tuubada wayn ee hawo mareenka oo loo yaqaan tuubada sambabada. Bararku waxa uu sababaa xab badan oo ka badan tan caadiga ah. Tani waxau sababi kartaa inay xirto hawada sambabada waxayna wax u geesan kartaa sambabada.

**Caabuqa tuubada hawo mareenka ee fudud** waxa uu dhowr bari kadib bilaa inaa kasoo raayo, laakiin qufaca waxa uu siijiri karaa 2 illaa 4 asbuuc. Daawooyinka dukaamada ayaa lagu xakameyn karaa xanuunka, qandhada iyo xabka. Daaweynta dhaqtarka waxaa laga yabaa inaan loo baahan illaa inaad xanuun dareemeysa mahee ama inaad dhibaato badan neefsashada ku qabto mahee.



**Chronic bronchitis** is a long-term disease of the lungs. It is one disease in a group of lung diseases called COPD or chronic obstructive pulmonary disease. The damage often gets worse over time and cannot be cured.

## Signs of Bronchitis

- A frequent cough, often with yellow or green mucus
- Feeling tired
- Chest pain with coughing or deep breathing
- Noisy breathing such as wheezing or whistling
- Shortness of breath
- Body aches
- Fever or chills
- Sore throat
- Runny or stuffy nose

## Causes of Bronchitis

- Bacterial or viral infections
- Smoking
- Air pollution
- Allergy to something in the air such as pollen
- Lung disease such as asthma or emphysema

**Caabuqa tuubada hawo mareenka ee daran** waa cudur muddo dheer oo kudhaca sambabada. Waxa uu kamid yahay kooxaha xanuunada sambabada ee loo yaqaan COPD ama cudurka sambabada carqaladeeya. Waqtiba waqtiga ka danbeeya waxyeeladu waysii badataa lamana daaweyn karo.

## Calaamadaha Burunkiitada

- Qufac joogto ah, oo badanaa wata xab jaale ama cagaar ah
- Inaad dareento daal
- Xabad xanuun wata qufac ama neef qabad
- Neef sharqan wadata sida xiiq ama dhawaaq
- Neefta oo ku yaraata
- Jir xanuun
- Qandho ama qarqaryo
- Dhuun xanuun
- Duuf sankaa kaa socda ama cabur

## Waxyaabaha sababa Burunkiitada

- Bakteeriyo ama infekshinada fayraska
- Sigaar cabidda
- Wasakhda hawada
- Xasaasiyad inuu qofku ku qabo hawada sida busta
- Sambabo xanuun sida neef ama xanuunka sambabada ee neefta yareeya

## Your Care

Your care may include medicines and breathing exercises to help you breathe easier. You may need oxygen if you have chronic bronchitis. Your care may also include:

- Avoiding colds and the flu.
- Wash your hands well and often to lower your risk of infections.
- Drinking a lot of liquids to keep mucus thin.
- Using a humidifier or vaporizer.
- Using postural drainage and percussion to loosen mucus from your lungs. You will be taught how to do this.
- Get a flu shot each year and talk to your doctor about getting the pneumonia vaccine.

## To Breathe Easier

- Quit smoking. The only way to slow the damage of chronic bronchitis is to quit smoking. It is never too late to quit.
- Do not drink alcohol. It dulls the urge to cough and sneeze to clear your air passages. It also causes your body to lose fluid, making the mucus in your lungs thicker and harder to cough up.
- Avoid things that irritate your lungs such as air pollution, dusts and gases.
- Sleep with your upper body raised. Use foam wedges or raise the head of your bed.

## Daryeelkaaga

Daryeelkaaga waxaa kujiri kara daawooyin iyo jimicsiga neefta si ay kaaga caawiyaan inaad si fudud u neefsato. Waxaad u baahan kartaa ogsijiin haddii aad qabto burunkiitada daran. Daryeelkaaga waxaa sidoo ku jiri kara:

- Inaad iska ilaaliso qaboowga iyo hargabka.
- Inaad si fiican u dhaqdo gacmahaaga iyo inaad markasta yareyso halista infekshinka.
- Inaad cabto biyo badan si aad xabka u yareyso.
- Inaad isticmaasho qalabka hawada qooya ama uumiye.
- Inaad qaybta kore ee jirka riixdid aadna garaacdid si xabka uga soo saarto sambabadaada. Waa lagu bari doonaa sida loo sameeyo arrintaan.
- Qaado tallaalka harqabka sanad kasta kalana hadal dhaqtarkaaga helida tallaalka oof wareenka.

## Si aad si fudud ugu Neefsato

- Iskadaa cabidda sigaarka. Qaabka kaliya ee lagu yareenka karo waxyeelada burunkiitada daran waa inaad iska dhaafto cabidda sigaarka. Marwalba waad iska dhaafi kartaa.
- Ha cabbin aalkolo. Waxay diciifisaa rabitaankaaga qufaca iyo hindhisada si aad u furto hawo mareenkaaga. Waxay sidoo kale sababtaa in jirkaagu dhumayo dareeraha, xabka sambabadana waxa uu noqdaa mid wayn oo dhibaato ku ah quficida.
- Iska ilaali waxyaabaha xasaasiyada ku keenaya sambabadaada sida wasakhda hawada, busta iyo gaaska.
- Seexo ayadoo qaybta jirkaaga ee kore ay kor jirto. Isticmaal xargaha xumbada ama kor u qaad madaxa sariirtaada.

## Call your doctor right away if you:

- Have chills or a fever over 101 degrees F or 38 degrees C
- Need to use your inhalers or breathing treatments more often
- Have more mucus, the color changes or it becomes too hard to cough up
- Have a new or worsening gray or blue tint of your nails or the skin of your fingers or mouth
- Have trouble talking or doing your normal activities
- Have to use more pillows when sleeping or start having to sleep in a chair to breathe at night

## Call 911 right away if you:

- Cannot get your breath
- Become confused, dizzy or feel faint
- Have new chest pain or tightness

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

## Soo wac dhakhtarkaaga isla markaas haddii aad:

- Dareento qaboow ama qandho ka badan 101 digrii F ama 38 digrii C
- U baahan tahay inaad isticmaasho qalabka neefta ama daawada neefta marar badan
- Isku aragto xab badan, midab bedela ama haddii qufac kugu adkaato
- Aragto in cidiyahaagii ay noqdeen midabka dambaska ama buluug tiig ah ama maqaarka farahaaga ama afkaaga
- Dhib ku qabto hadalka ama qabashada hawlahaagii caadiga ahaa
- Dooneyso inaad isticmaasho barkimo badan marka aad seexaneyso ama haddii aad billoowdo inaad ku seexato kursi si aad u neefsato habeenkii

## Soo wac 911 isla markiiba haddii:

- Aadan neefsan karin
- Dareento isku dhexyaac, dawakhsanaan ama miyir beelid
- Dareento xabad xanuun cusub ama ciriiri

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aalo ah ama walaacyo ah.