

# Umwotsi w'itabi risanzwe & n'itabi ryo mu buhinga bwa none: **Ibitera Ingwara ya Asima**

Gutumura umwotsi w'itabi risanzwe be n'itabi ryo mu buhinga bwa none bironona cane amahaha. Kubihumeka biratuma imiheha yo guhema ivyimba ikongera ikaga bigatuma guhema bigorana. Uko igihe gihera, ukononekara kw'amahaha kuguma kunyuka kandi ivyo bikamara ikiringo kirekire. Fata ingingo zo kwikingira wewe nyene – hamwe nabana bawe hamwe n'ibikoko utunze – akaga gaterwa no gutumura umwotsi w'itabi risanzwe hamwe n'umwotsi w'itabi ryo mu buhinga bwa none.

- **Gira urugo rwawe ruzira umwotsi w'itabi risanzwe hamwe n'itabi ryo mu buhinga bwa none.**
- **Panga inzu irangwa n'ingingo zirashe zijanye no kuba ahari akayaga keza.**
- **Rinda umuduga wawe kubamwo imyotsi y'itabi risanzwe hamwe n'itabi ryo mu buhinga bwa none - ni itegeko abana bari musu y'imyaka 8**
- **Irinde kumara umwanya munini ahantu hahurira abantu benshi canke ahantu hihariye.**
- **Mugihe woba unywa itabi risanzwe canke itabi ryo mu buhinga bwa none, rondera ubufasha kugira ngo ubihebe.**



**Vavanura n'ubwoko bwose bw'ibikorwa bijanye n'urudandazwa rw'itabi ufadikanije na **802Quits**.**

**Ronka impanuro ku **BUNTU**, ibisomwa ngirakamaro, n'ibindi bigufasha nk'udukoreshe tugabanya ubumara bw'itabi, jojo n'imbombo.**

**Tsindira agashimwe mu ma **\$\$\$**.\***

**Akura kuri **1-800-QUIT NOW**  
(800-784-8669)**

**Raba kuri **802Quits.org****

**Andika **START** urungike  
kuri **300500****



Menya vyinshi kuri asima, ibitera asima, eka mbere umenye vyinshi vyerekeye ubuzima bw'amahaha uciye kuri [healthvermont.gov/wellness/asthma](https://healthvermont.gov/wellness/asthma).

\*Utegerezwa kuba ubarizwa muri Vermont. Gucagurwa bizovana n'ukwiyandikisha. Hariho ibintu bimwe bimwe bifatirwako.