

FÈÈ-WÈ



M dyuòè ma dyí...?



NYC
Health

Se-Đè

Jàă-Đè

Đe bẽ se nyo dyò kɛɛ se fèè-wè dyí bá.



Dyú bẽ se péé bẽ hwiè kpáa bɛ́n ɔ jũ ké wa dyi fèè-wè bédéín.



Ɔ jũ ké fèè se m wɔ́ day ní, nĩ m se fèè-wè bédé.



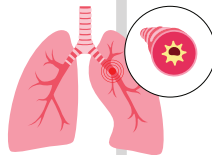
Pĩ nyiniin dyiin dé píé mò ɔ jéé dya fèè-wè kɛ.



Jě-kpɔ́-kpɔ́ (hwɔ́n-kà dyó-ɔ́n-dè mɔɔ COVID-19 jě) mu fèè-wè dái zàin.



Wa bɛ́n fèè-wè dyi kánàin, mɔɔ ɔ bɛ́n m bũ sòò dé dyúa.



Ti dòn wa dú fèè-wè kũn dyíɛ mò ɔ jũ ké nyo fèè-wè dyi dya wódó ní.



Póo-kpà bẽ mò bó dyú bẽ bi dòn.



Nyo pàdǎ bẽ bé wa bédé fèè-wè kɛɛ, wa bédé ɔ bẽ se wa dyò kɛ ɔkè. Đe bẽ se nyo dyò kɛɛ bɛ́n kuè-kuè kè fèè-wɔ́-dyá-dyá ɔ kè fèè-dyí-cě-cě dyàà. Wa dyi ɔ bẽ se nyo dyò kɛ hwòò ní, fèè-wè dya-wódó-wódó mu kɔ́ cɛ́n.

Dyú bẽ bé wa bédé fèè-wè kɛɛ bɛ́n péé bẽ hwiè kpáa ɔ jũ ké wa dyi waà fèè-wè jè gbo gmò ní. Kpódó-dyàà dyi-nyu-nyu kpá dyu bẽ gbo bé wa ké dyi ku, kè bé wa fòdòdòún kè mú wódó.

Fèè-wè dyí-tèmèin-dè bẽ kpa kòè bó nyo dò-dò sɛ́n bi. Dyí-tèmèin-dè bẽ nyo pàdǎ dyuò dyíɛ mò, kuè-kuè kè fèè-wɔ́-dyá-dyá kè fèè-dyí-cě-cě kè sa-sa ɔ kè dyéɔ́in tĩn-tĩn.

Pĩ nĩ dé píé nĩ-kà mò ɔ pàdǎ bẽ dyàà fèè-wè kɛɛ dyúáqò. Pĩ nĩ dé gbòun wɛ́ kpa ɔ ɔkè, ɔ jéɛ bũ kè gbù kè ga-bù ɔ kè víázè nyàà-sò mɛ bó dé m bédé-taún nĩ.

Jě-kpɔ́-kpɔ́ kpá nyo sɛ́n gbo bé wa dyò kè mú wódó. Wa po nyo pàdǎ bẽ bédé fèè-wè kɛɛ náún bé wa ké jě kpɔ́. Wùdù hwòò-nyò dò gbo ɔ jũ ké m dyi dyi-diè-dè bẽ bédéín.

Fèè-wè se kũn kɔ́, kɛɛ ɔ bɛ́n kɔ́ cɛ́ɛ dyiin dé ɔ bẽ zàin dáíɛ dyí-bàdàin-bàdàin kè kũn bẽ dyí-dú-dú mú.

Kũn bẽ mò kũà-mú-nyùn-dè zi ɔ kpáún bẽ dò bó fèè-wè gbo gmò jè kè ɔ gbà-gbo-kpá-kpá bóí po jè. Đú fèè-wè kũn dyí kà wa nyue da zàà kɛ, kɛbi ɔ mɛ se dái sòin nyɛ.

Póo-kpà bẽ kpa ɔ bó nyo sɛ́n bi, sepóɛɔ́ wa nyue kè kũn mu fòdòdòún dè bé ɔ kɔ́ ɔ kè muɛ, kè ɔ se m wĩn mɔɔ m bunu-zĩ.

Bé m kè ɔ pàdǎ dyí dyuò mɔɔ fèè-wè hwòò-hwòò bẽ da dyé ní, mu nyc.gov/health/asthma kɔ́ mɔɔ dá **311**.

Asthma



Did you know...?



Myth

Allergies are not related to asthma.

Children cannot participate in sports if they have asthma.

If you are not wheezing, then you do not have asthma.

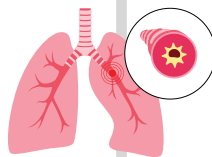
Poor outdoor air quality is the most important factor for developing asthma.

Immunizations (such as the flu or COVID-19 vaccine) will trigger an asthma attack.

Asthma can be cured, or you can outgrow asthma.

Asthma medicine is only used when a person is having an asthma attack.

Spacers are only for children.



Fact

Many people with asthma also have allergies. Allergies can trigger coughing, wheezing and shortness of breath. When allergies are treated, asthma symptoms often improve.

Children with asthma can play sports as long as their asthma is under control. Regular exercise helps kids stay fit and improves lung function.

Asthma symptoms differ for everyone. Common symptoms include coughing, wheezing, shortness of breath, fatigue and chest tightness.

Outdoor air quality is one of many possible factors for developing asthma. Indoor air quality is also important, so keep your home free of pests, mold and tobacco smoke.

Immunizations can help everyone stay healthy. Vaccines are recommended for most people with asthma. Talk to a health care provider if you have questions.

There is no cure for asthma, but it can be controlled by avoiding triggers and taking medicines.

Medicines are one of the most important tools for managing asthma symptoms and preventing them from getting worse. Take asthma medicines as prescribed, even if you do not have symptoms.

Spacers are important for all ages because they help make sure the medicine gets into your lungs where it is needed, rather than your mouth or throat.

To learn more or find asthma services, visit nyc.gov/health/asthma or call **311**.