

Saddex talaabo oo fudud oo aad ku bilaabayso AsthmaTuner



Talaabada 1 aad: Kasoo qaado farmashiga

Kasoo qaado spirometer farmashiga (tukaanka ama oonleen ahaan)



Talaabada 2 aad: Soo dejiso ablikeeshinka

Soo dejiso ablikeeshinka loo yaqaan AsthmaTuner. Tilmaamaha: Iskaan garee QR-ka koodhka



Talaabada 3 aad: Xisaabta iyo Casuumada

Samayso xisaab oo aqbal casuumada xarunta caafimaadka ee ablikeeshinkaaga

Qoraalo:

Makaad bilawdo baadhitaanka shaqada sanbabka ee gurigaaga, waxa aad heleysaa:



Qorshe daawayn oo cad ayaa markasta laga heleyaa ablikeeshinka



Xogta si xiiqdaadu tahay hadda, oo kaliya maaha marka aad joogto xarunta caafimaadka



Qaab fudud oo aad ula shaqayn karto bixiyahaaga daryeelka si markaa aad u heli karto daawaynta ugu wanaagsan!



Wax badan ka oggaw www.medituner.se