



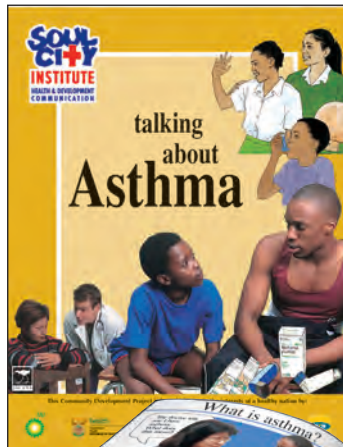
talking
 about
Asthma



This Community Development Project is brought to you in the interests of a healthy nation by:



How to use this book



This book is for adults and children who have asthma. It is also for their families and friends and other people who are affected by asthma.

It will show that people who have asthma can lead a normal, active life. It can be used by the community, and in your home.

You may want translations of some of the difficult words if English is not your own language.

These words are underlined. They are translated into Zulu, Xhosa, Sotho and Afrikaans in little boxes on the side of the page. The boxes look like this:



English

- Zulu
- Xhosa
- Sotho
- Afrikaans

In this book there are coloured blocks to help you to remember important things. These are shown like this:

Remember!

Visit your health worker regularly if you have asthma.

Sometimes there are other special things to think about. These are also shown in coloured blocks like this:

Asthma attacks can be life-threatening. This kind of attack is an emergency!

Did you know?

- Shaun Bartlett who plays for Bafana-Bafana has asthma.
- Ten per cent of Olympic athletes have asthma.
- Soccer, short-distance running, netball and rugby are all good exercise for asthmatics.




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What is asthma?



The doctor tells me I have asthma. What does this mean?

It means you have a sickness that makes it hard for you to breathe. If it is treated, you can lead a normal life.

airways

- umphimbo/iphayiphi lomoya
- ukuhamba komoya
- ditsela tsa moya
- lugpype

lungs

- amaphaphu
- amaphaphu
- matswafu
- longe

What is asthma?

Asthma is a sickness of the airways of the lungs that makes it hard to breathe. If you have asthma these things might happen:

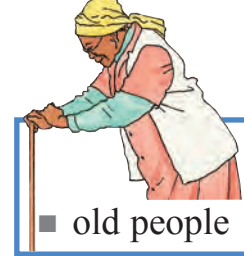
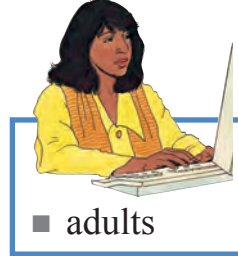
- You can't breathe easily.
- Often you can't speak.
- You will have a tight feeling in your chest, and make wheezing or whistling noises when you breathe.
- You may cough a lot at night, and after doing exercise.



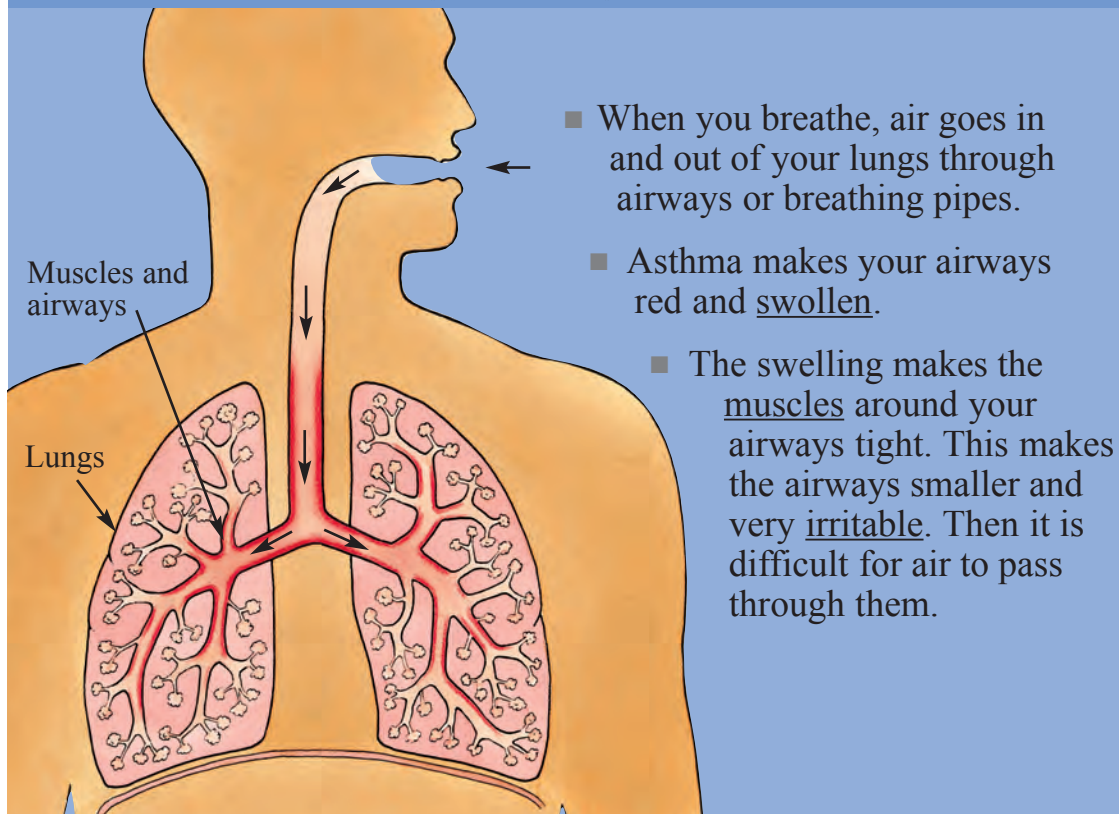
Some people get all these signs. Other people only get some of them. Sometimes the signs are worse than at other times.

Who can get asthma?

Asthma can start at any age:



How does asthma affect your airways?



swollen

- ukuvuvuka
- ukudumba
- matswele a ruruhileng
- oggeswel

muscles

- imisipha/amamaseli
- izihlunu
- mesifa
- spiere

irritable

- ukuzwela
- ukucaphuku
- ho thothelwa
- prikelbaar

Can asthma be treated?

A person who has asthma will always have asthma. If your asthma is treated and controlled, you will breathe easily and feel well most of the time. You will probably not have an asthma attack – read pages 4 and 5. If asthma is not treated, you could have an asthma attack and die.

controlled

- ilawulwa
- ilawulwa
- laolwa
- beheer

Asthma attacks

Doctor, I am finding it difficult to breathe.



You could be having an asthma attack.

Asthma attacks

When you have an asthma attack, these things may happen:

- You may be short of breath and unable to sleep or talk. In a serious attack you may gasp for air.
- You begin to wheeze or make a whistling sound when you breathe out.
- You pull in your chest wall, especially under your ribs.
- You may pull your shoulders up under your ears.
- You may struggle to breathe out.
- You cannot speak.
- You may cough a lot.

What causes an asthma attack?

- There are some things that can trigger an asthma attack – read pages 8, 9 and 29.
- Asthma attacks are also caused by not taking the asthma medicines – read pages 16 to 21.

gasp

- ukubefuzela
- ukuphelelwa ngumoya
- ahlamisa molomo haholo
- snak

trigger

- isisusa esingeyona imbangela
- isiqalo esingeyo mbangela
- sesosa seo e seng mohlodi
- veroorsaak

How can you help a person who is having an asthma attack?



- 1**
- Keep the person calm. Give them some water to drink.



- 2**
- Find the person's asthma pump.



- 3**
- Help them to use their pump. Don't make them talk.



- 4**
- Take the person to the clinic or hospital as soon as possible.

Go to a clinic or hospital as soon as possible if any of these things happen:

- You are short of breath, even after taking extra medicine.
- You are struggling to walk or talk.
- Your fingernails or lips are turning blue.
- You are becoming anxious.

anxious

- ukuxineka
- ukuxhalaba
- tshwenyehile
- angsbevange

If you have bad asthma you should do these things:

- Keep information about how to deal with an attack in a place where everybody can see it.
- Have the telephone numbers of the nearest clinic or hospital with you at all times.

People who work with, or live with you should know these things:

- That you have bad asthma.
- Where you keep the asthma pump and medicine.
- How to use an inhaler.
- What to do in an emergency.

emergency

- esimeni
- esiphuthumayo
- ithuba
- lokuxakeka
- tlasa maemo a tshohanyetso
- noodgeval

Asthma attacks can be life-threatening. This kind of attack is an emergency!



Wrong ideas about

Wrong ideas about asthma



■ Asthma can be cured. **This is not true.**



■ Asthma can be caught from someone else. **This is not true.**



■ Asthma is caused by witchcraft or *idliso* (bewitched with a poisonous muti). **This is not true.**



■ You cannot play sport if you have asthma. **This is not true.**



■ You will not live long if you have asthma. **This is not true.**



■ Asthma comes and goes. You only have asthma when you have trouble breathing. **This is not true.**



■ You will get asthma if you are an emotional person. **This is not true.**



■ Children will outgrow asthma. **This is not true.**

outgrow

- ukuphela
- ukuyishiya
- ho fela ha yona
- ontgroe



asthma

The facts about asthma

FACT

There is no cure for asthma, but if you take your medicine regularly, **you can live a normal life**. You may have to make some changes to the way you live.

FACT

You cannot get asthma from being close to a person who has asthma.

FACT

Asthma is a sickness of the airways of the lungs.

FACT

You can play sport if you take your asthma medicine regularly.

FACT

You can live a long life if you take your asthma medicine regularly, and live a healthy life.

FACT

People with asthma have it all the time. Their airways may be swollen and red, even though they do not feel any sign of asthma.

FACT

Emotions do not cause asthma. But if you already have asthma, then crying, screaming or laughing hard can trigger your asthma.

FACT

Sometimes when children grow up, their asthma is not as bad as it was when they were young. But if you don't have the signs, it does not mean that the asthma has gone. You must not stop treatment unless the health worker tells you to.



Asthma triggers

If your asthma is treated and controlled, you will breathe easily, and feel well most of the time. But you can still get asthma attacks when you come into contact with certain triggers. Triggers are the things that make you have an asthma attack.

Different people have different asthma triggers. Find out what triggers cause your attacks. If you avoid your asthma triggers, and take your asthma medicine regularly, you can avoid asthma attacks.

Here are some things that trigger asthma attacks:

- food with yellow or orange flavouring or colouring (tartrazine), for example, dips, cooldrinks, chips and dairy products



- house dust and dust mites



- grass seeds, weed seeds and pollen



- cockroaches



- feathers or cat and dog fur



- fresh paint



- household cleaners like air fresheners and insect poisons



regularly

- njalo nje
- rhoqo
- kgafetsa
- gereeld

flavouring

- umbala woku-dla/amakha okudla
- ukuqholwa
- senoko
- geurmiddels

colouring

- ukufakela umbala
- ukusetyenziswa kwemibala
- sefetolammala
- kleurmiddels

dairy

- izinto ezivela obisini
- izinto ezenziwe ngobisi
- tsa lebeso
- suiwel (produkte)

dust mites

- ubuvunya bothuli
- amangolwane othuli
- dikokonyana tsa lerole
- stofmiete

pollen

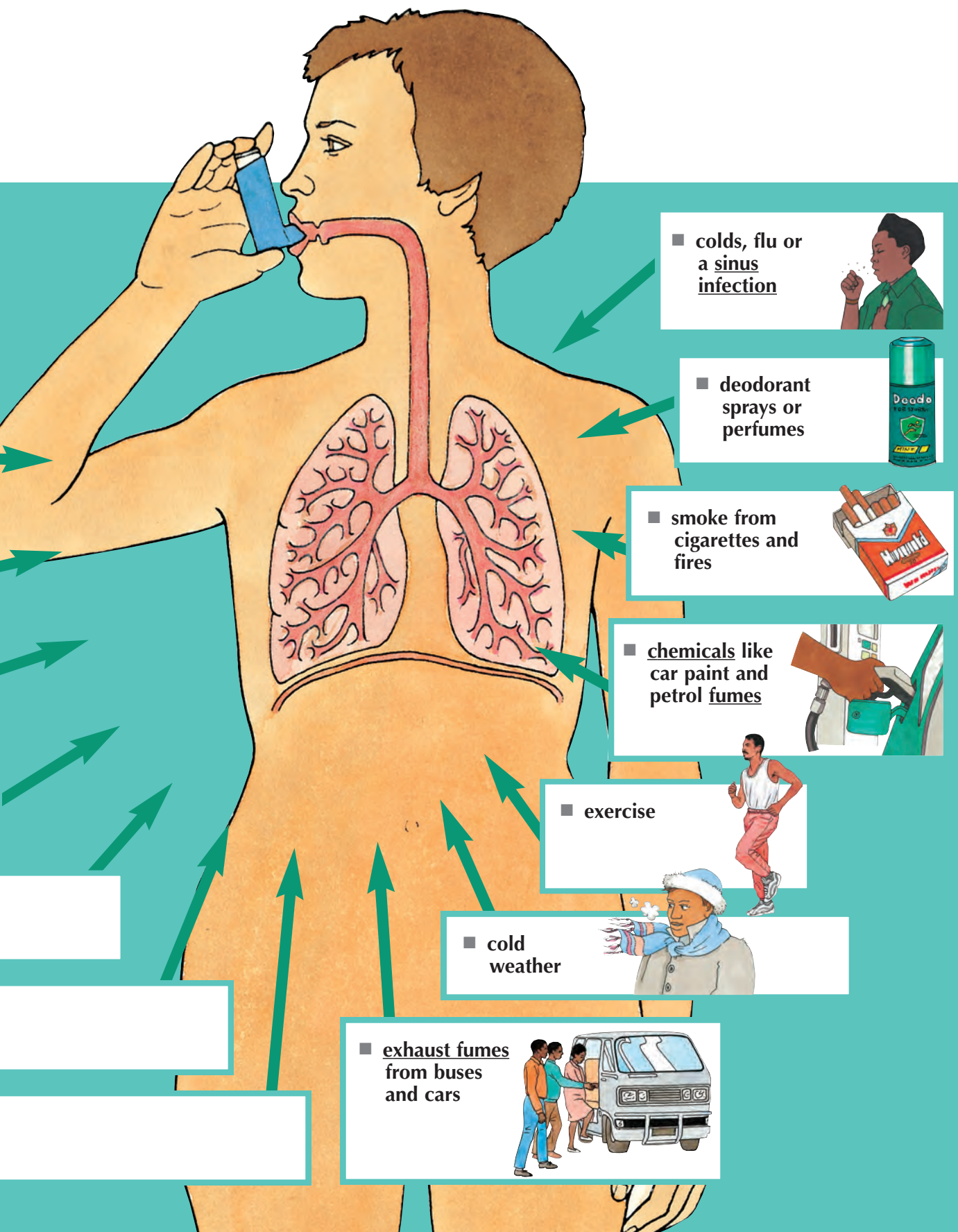
- impova yezimila
- umvuvuzelo
- pholene
- stuifmeel

feathers

- amaqubu/ izinsiba
- amasiba
- masiba
- vere

fur

- boya
- boya
- boya
- pels



■ **colds, flu or a sinus infection**



■ **deodorant sprays or perfumes**



■ **smoke from cigarettes and fires**



■ **chemicals like car paint and petrol fumes**



■ **exercise**



■ **cold weather**



■ **exhaust fumes from buses and cars**



sinus infection

- i-infection yamakhala
- ukukrala kwamathambo empumlo
- tshwaetso ya saenase
- sinus-infeksie

chemicals

- amakhemikhali
- imichiza/iikhemikhali
- dikhemikhale
- chemikalieë

fumes

- umusi
- amalangabi
- malakabi
- dampe

exhaust fumes

- umusi/intuthu yezimoto
- umsi wombhobho wokuhupha umoya okanye igesi
- mosi o tswang diphaepeng
- uitlaatgasse

Asthma and the home

Why do you always hang your blankets outside, Karen?

Benni has asthma. I hang the blankets in the sun to kill the dust mites that trigger his asthma attacks.

dust mites

- ubuvunya bothuli
- amangolwane othuli
- dikokonyana tsa lerole
- stofmiete

harmless

- ukungabi nangozi
- ukungabi nabungozi
- ha di kotsi
- skadelose

Asthma triggers in the home

There are many things you can do in the home to help prevent an asthma attack.

Dust mites

Dust mites are the most common triggers for asthma attacks.

- Keep your mattresses in plastic covers.
- Hang your blankets and mattresses in the sun at least once a week.
- Wash your sheets in hot water every two to four weeks.

Dust mites are not a sign of a dirty house. They are harmless insects that live in all our homes, but are too small for us to see. They are in sheets, blankets, carpets, sofas and children's soft toys. When the weather is wet there are more dust mites.



Paint and sprays

- Don't go into a room or a house that is being painted or has newly painted walls.
- Do not use household sprays like air fresheners and insect poisons.



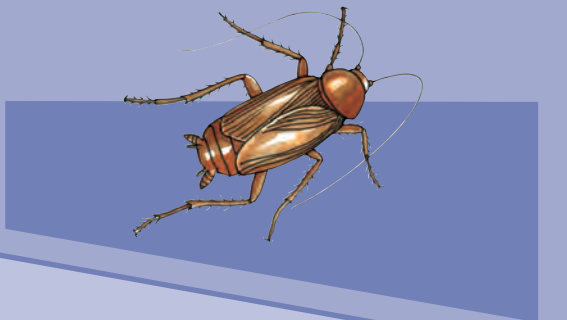
Pets

- Do not keep a pet if animal fur triggers your asthma.
- If you do keep a pet, keep it away from the bedroom of the person who has asthma, or keep it outside the house.



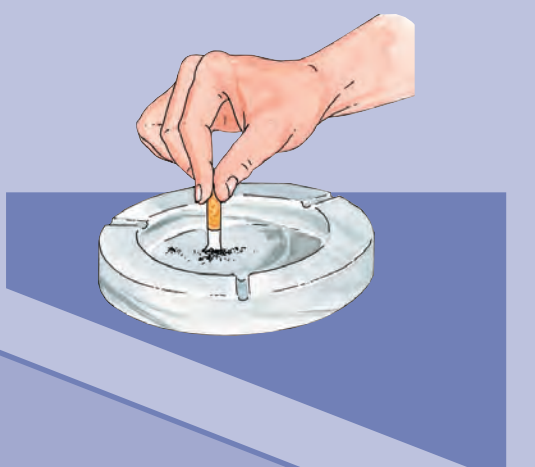
Cockroaches

- Keep your kitchen clean to keep cockroaches away. For some people they can trigger an asthma attack.



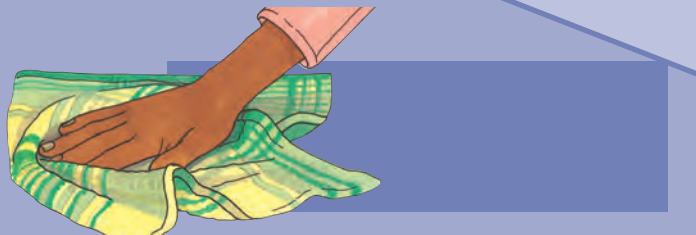
Smoke

- Do not make coal fires (*izimbawula*) in the house.
- Do not smoke cigarettes if you have asthma.
 - Open the windows to get rid of any smoke.
 - Do not let other people smoke cigarettes in the house or near you.



Dust

- Use a damp cloth when you dust the rooms in your house.
- If you have asthma, stay outside while the house is being swept.
- Open the windows when you clean the house.



Asthma and food

I have been told I have an allergy to wheat. What does this mean?

It means that wheat can make you sick. Many people are sensitive to different foods.

sensitive

- ukungaphatheki kahle
- ukuba buthathaka
- tshaba
- sensitief

preservatives

- amakhambi agcina ukudla kungonakali
- izigcinakaliso
- dintho tse bolokang dijo di se senyehe
- preserveer-middels

additives

- izinto ezithelwa ekudleni
- izongezo
- dinoko
- bymiddels

processed

- ukudla okuthengwa sekunezithako
- kusetyenziwe
- sebetswa
- verwerk

skin rashes

- ukuqubuka kwesikhumba
- irashalala
- lekgopho letlalong
- veluitslag

itchy

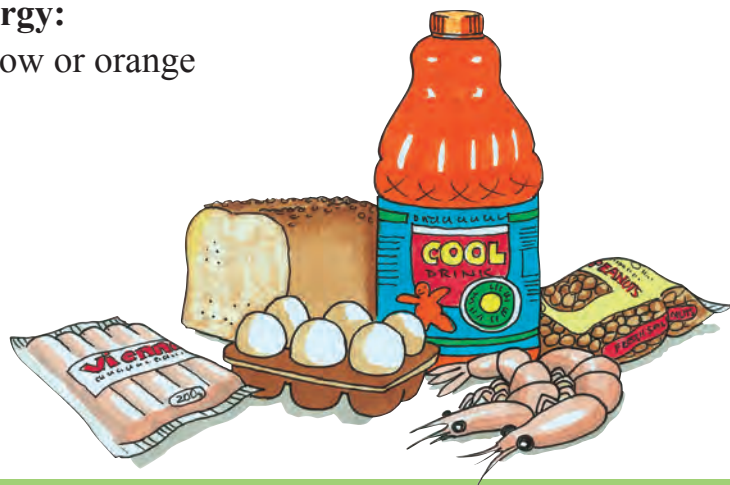
- ukuluma
- ukurhawuzelela
- letlato le hlohlonanga
- jeukerige



People who are allergic to some foods may get asthma when they eat those foods. The preservatives and additives that are put into foods can also cause serious problems for some people.

These foods may cause an allergy:

- food and drinks that have yellow or orange colouring (tartrazine)
- prawns or shellfish
- food with soya in them, like processed sausages
- eggs or fish
- wheat
- peanuts

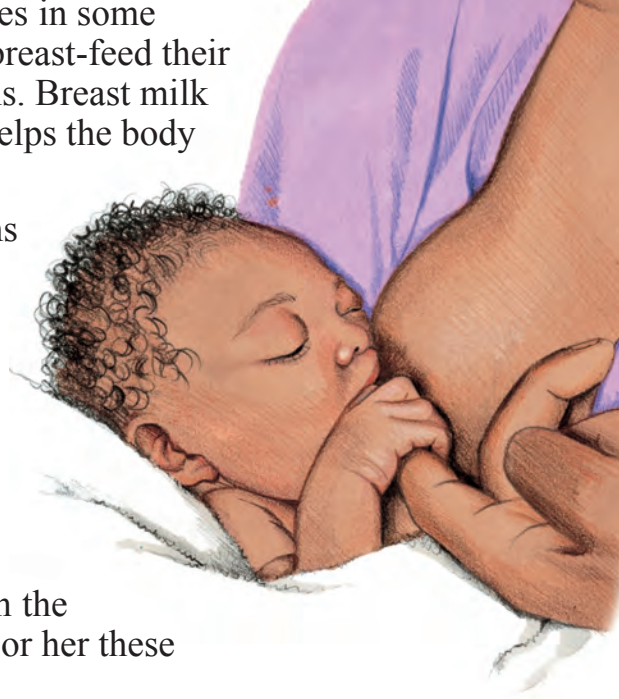


An allergy may cause skin rashes, sneezing or swelling, or itchy eyes, throat and nose. An allergy may trigger an asthma attack or make it worse.

allergies

Babies and food allergies

- Milk formula can cause allergies in some babies. Mothers should try to breast-feed their babies for at least 4 to 6 months. Breast milk does not cause allergies, and helps the body to grow strong.
- When babies are 6 to 12 months old, they can eat vegetables, rice, meat and fruit. Each new food should be given one at a time. This can help parents to see which foods cause an allergic reaction.
- Some foods, like eggs, wheat, corn, milk and citrus fruit, can cause allergies in babies. When the baby is one year old, give him or her these foods one at a time.



allergic reaction

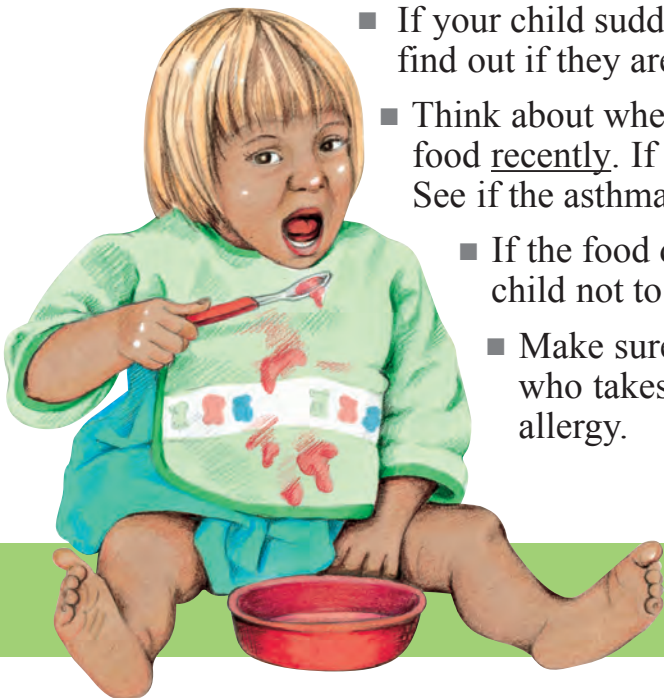
- i-aleji ebangelwa yinto ethize
- ukwaliwa yinto ethile
- aleji e bakwang ke ntho e itseng
- allergiese reaksie

citrus fruit

- izithelo ezisa-mawolintshi
- isiqhamo sesitrasi
- ditholwana tsa dilamunu
- sitrusvrugte

Children and food allergies

- If your child suddenly starts to have asthma attacks, try to find out if they are triggered by a certain food.
- Think about whether you have given your child any new food recently. If you have, stop giving your child that food. See if the asthma improves.
- If the food does trigger an asthma attack, teach your child not to eat this food.
- Make sure that your child's teacher, and anyone who takes care of your child, knows about this food allergy.



recently

- maduzane nje
- kutsha nje
- haufinyane
- onlang

Asthma and smoking



What happens when I smoke or I am around smokers?

- Cigarette smoke can make it difficult to breathe because the smoke affects the airways. This can trigger an asthma attack.
- Sometimes smoke can increase your sensitivity to other things, like pets, pollen or fumes. This can cause more asthma attacks.
- If you smoke, or are in a place where people are smoking, you may need to take more of your asthma medicine.



| |
|--------------------|
| sensitivity |
| ■ ukuzwela |
| ■ ubuthathaka |
| ■ tshabo |
| ■ sensitiviteit |

How can I prevent my asthma from getting worse?

If you have asthma or live with someone who has asthma, do these things:

- Try not to smoke, and ask people not to smoke around you. This can be difficult but it is very important. Tell smokers that you have asthma, and that smoke makes it worse.
- Do not allow smoking in your home or car. Put up “No smoking” signs so that no one smokes.
- Avoid places where people may smoke. If you are going somewhere where you think there will be smoke, take some reliever medicine 15 to 30 minutes before you go. This will help to prevent an asthma attack. Read page 17.
- Ask people in your family who smoke to give up smoking. If they can't, ask them to smoke outside or away from you. Teach your family and friends about asthma, so they know why they must not smoke near you.



reliever

- isithambisi/ isidambisi
- isiqabulo
- e kobo-betsang
- verligtings-medisyne

Smoking and pregnancy

- Sometimes when a mother smokes during pregnancy, her baby will get asthma later on. The baby may also be smaller and not as healthy as it should be.
- If a mother smokes during pregnancy **and after the baby is born**, the baby will be twice as likely to get asthma, ear infections or chest infections.



The South African Government knows how dangerous smoke and smoking are. There are laws that say that people are not allowed to smoke in public places. Places like bars and restaurants are now mostly smoke-free.

How to treat asthma



How will asthma treatment help me?

It will help you to lead a normal life. It can also save your life if you have an asthma attack.

How to treat asthma

The best treatment for asthma is to use an asthma pump. This is also called an asthma inhaler. Pumps give quick relief using only a small amount of medicine. This is because the medicine goes straight to your airways, where the problem is.

If you find it hard to use a pump, you can make a home-made bottle. Read page 20 to see how to do this.



Remember!

Visit your health worker regularly if you have asthma.

Treatment with asthma pumps

There are two kinds of asthma pumps – preventers and relievers.

Preventers



Preventers are pumps that are used every day over a long time to prevent asthma. They do this by stopping the airways from getting swollen.

Relievers



Relievers are pumps that work very quickly. They relax the tight muscles around the airways. People with asthma should always carry a reliever pump with them. The reliever pump should be used as soon as the person with asthma starts to get a tight chest.

preventers

- izivimbeli
- izithinteli
- tse thibelang
- voorkommers

relievers

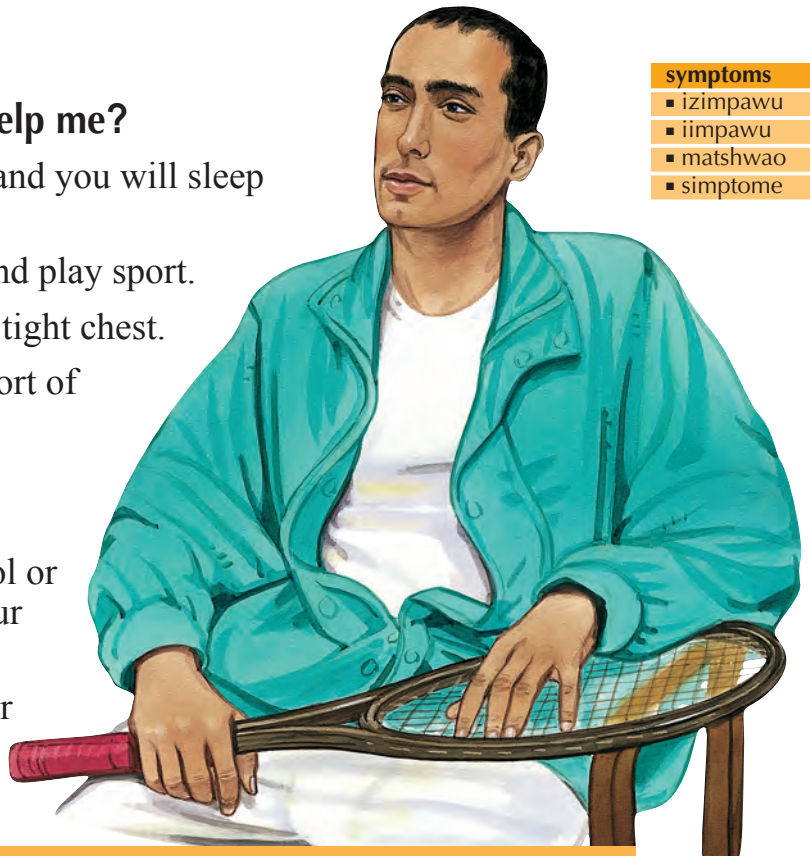
- izidambisi/
izithambisi
- iziqabulo
- dikokobetsi
- verligters

Remember!

Cough syrups, therapy and breathing exercises do not make your asthma better. Do not use them.

How will asthma treatment help me?

- You will have no symptoms, and you will sleep peacefully at night.
- You will be able to exercise and play sport.
- You will not cough, or have a tight chest.
- You will not wheeze, or be short of breath.
- You will not have any asthma symptoms during the day.
- You will not miss work, school or other activities because of your asthma.
- You will not stay in hospital or have to go there in an emergency.



symptoms

- izimpawu
- iimpawu
- matshwao
- simptome

Remember!

Your asthma will not go away just because your asthma symptoms have gone.

How to treat asthma

upright

- umumise aqonde
- ukuma nkqo
- a tsepame
- regop

mouth piece

- indawo yomlomo
- iceba lomlomo
- sekotwana sa molomo
- mondstuk

tilt

- ukutshekisa
- ukuqethuka
- sekamisa
- hou ... agteroor

deeply

- ukudonsa umoya
- ngo-kutsaliweyo
- ka ho teba
- diep

completely

- ngokuphelele
- ngo-kupheleleyo
- ka botlalo
- heeltetal

How to use your asthma pump correctly:

- Remove the cap and hold the asthma pump upright with the mouth piece at the bottom.
- Shake the asthma pump very well.



- Tilt your head back slightly.
- Slowly breathe out the air in your lungs.



- Hold your breath while you place the mouth piece into your mouth. Close your lips around the asthma pump.



- Press down on the asthma pump. This releases the medicine. Breathe in slowly and deeply through your mouth.



- Count to ten while you hold your breath. The medicine will go right down into your lungs. Breathe out slowly.



Follow these rules:

- Be sure to shake the asthma pump well.
- Close your mouth around the pump. This will make the medicine go into your lungs, and not into the air.
- Breathe out completely before taking the medicine.
- Don't press the asthma pump too early or too late.
- Don't breathe out too fast after taking the medicine.
- Never use an empty asthma pump.

If you cannot use your pump, ask the health worker to help you.



After using your pump:

- Rinse your mouth with clean water.
- Eat a small piece of bread, fruit or a biscuit.



- rinse**
- ukuxubha
 - ukupula
 - tsokotsa
 - spoel ... uit

How to clean the asthma pump

The asthma pump must be cleaned to prevent the medicine from blocking the tiny opening.

- Rinse the outer plastic case of the pump in clean warm water once a day. Let it dry before you use it again.
- If the outer plastic case is dirty, wash it with liquid dishwashing soap and warm water. Rinse it and dry it well before you put it away.



- blocking**
- ukuvimbela/ ukucinanisa
 - ukuvaleleka
 - kwala
 - toestop

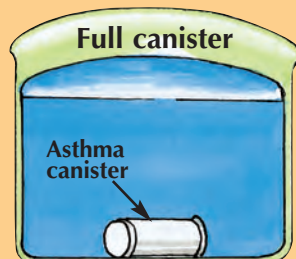
- tiny**
- indawana encane
 - encinane
 - tse nyenyane
 - klein

- outer**
- ngaphandle
 - umphandle
 - bokantle
 - buitenste

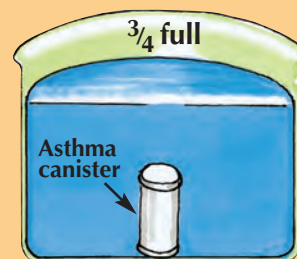
- canister**
- ikanyana
 - ityesana
 - khanistara
 - houer

How to check the amount of medicine left in your asthma pump

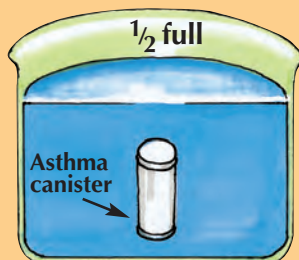
Remove the canister from the outer plastic case. Place the canister in a container of water. Check the position the canister takes in the water.



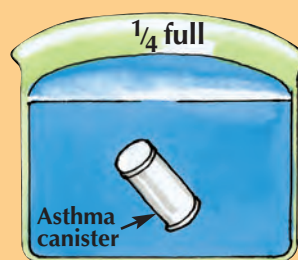
- A full canister sinks to the bottom of the container, and lies flat on its side.



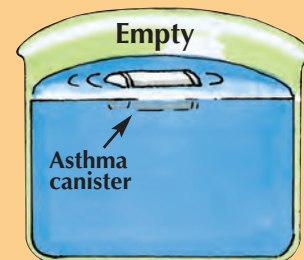
- A $\frac{3}{4}$ full canister sinks to the bottom of the container, but stands up.



- A $\frac{1}{2}$ full canister floats near the top, but straight up.



- A $\frac{1}{4}$ full canister floats near the top, but hangs over in the water.



- An empty canister floats flat on the top of the water.

How to treat asthma

You can make a home-made bottle

A home-made bottle makes it easier for you to use your asthma pump. It can help you get all the asthma medicine into your lungs.

How to make the home-made bottle



- Take a 500 ml plastic cooldrink bottle.



- Melt a hole in the bottom of the bottle. The hole must be the same size as the mouthpiece of the asthma pump.

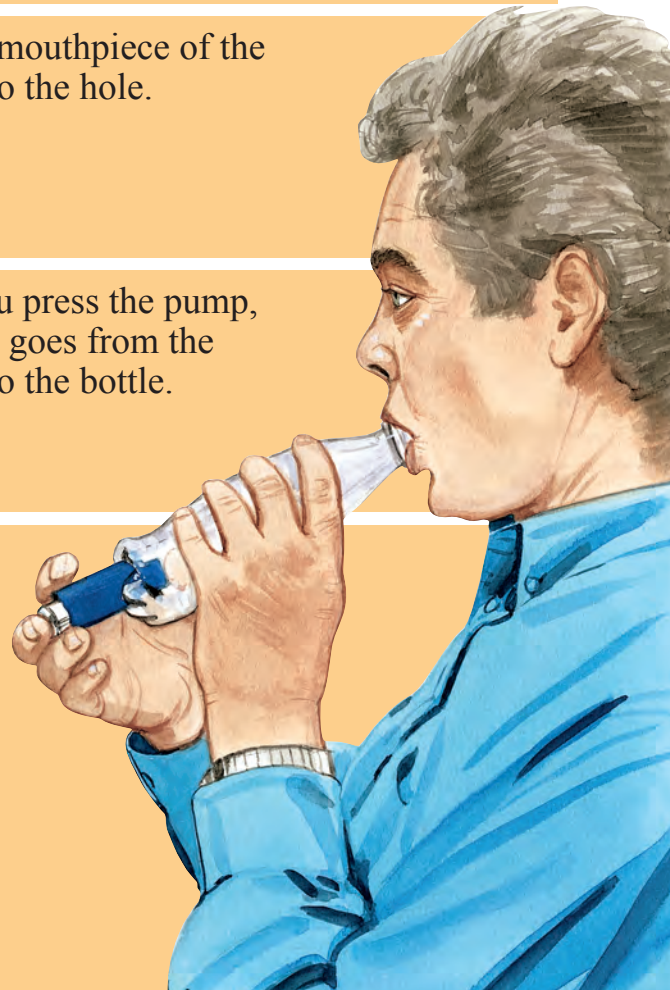


- Push the mouthpiece of the pump into the hole.

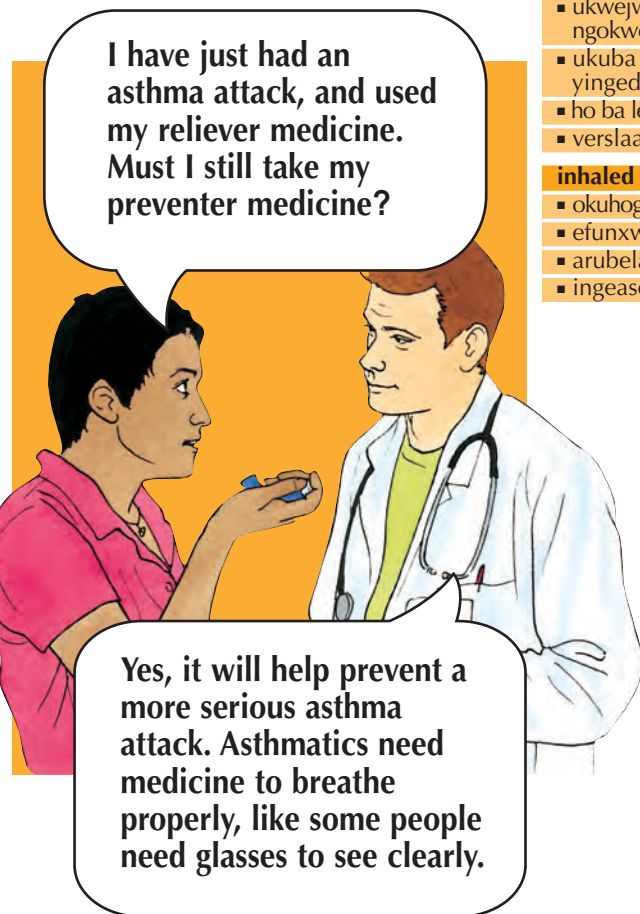
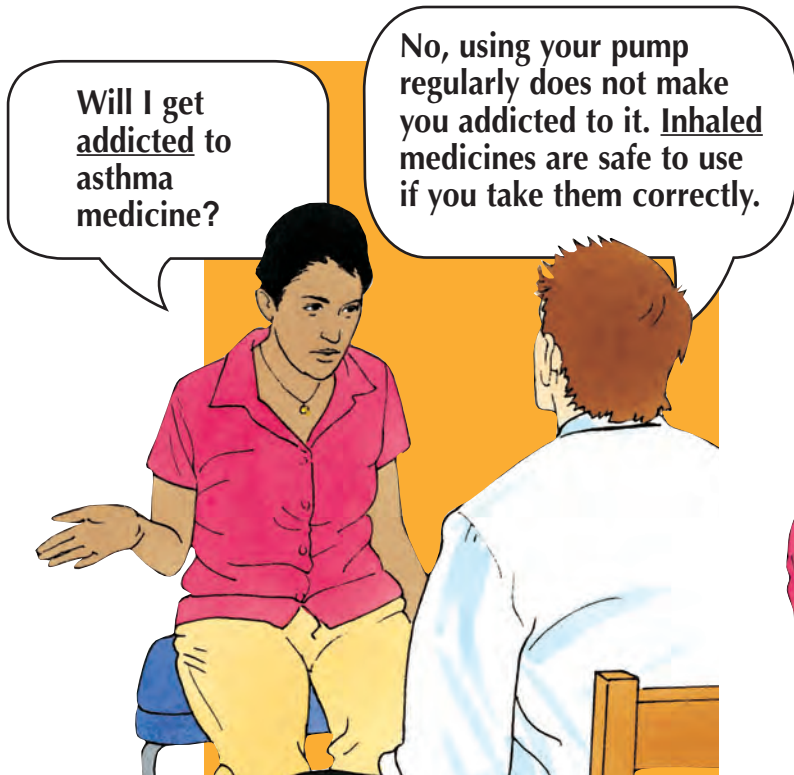


- When you press the pump, medicine goes from the pump into the bottle.

- Put your mouth over the opening of the bottle, and breathe in normally. The medicine in the bottle will go into your lungs.



Things to remember about your asthma medicine

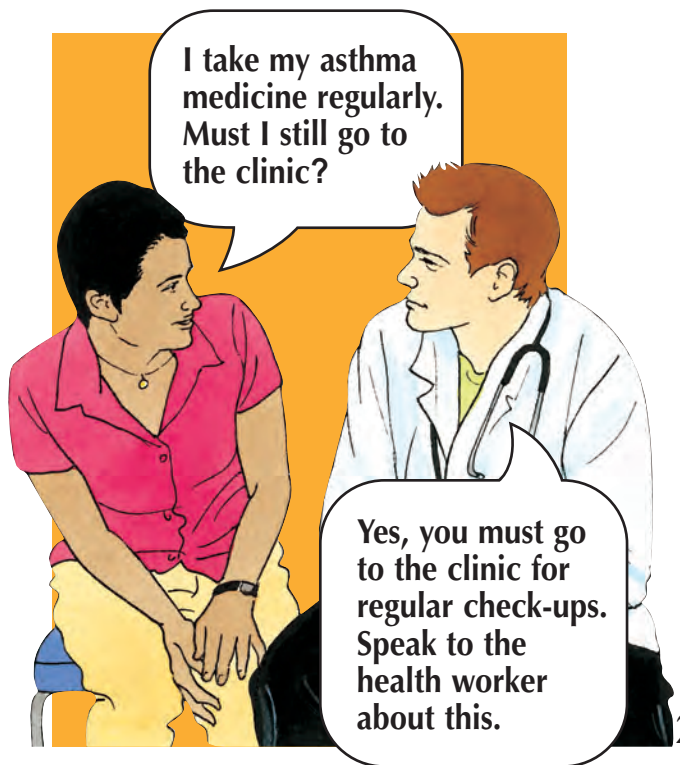
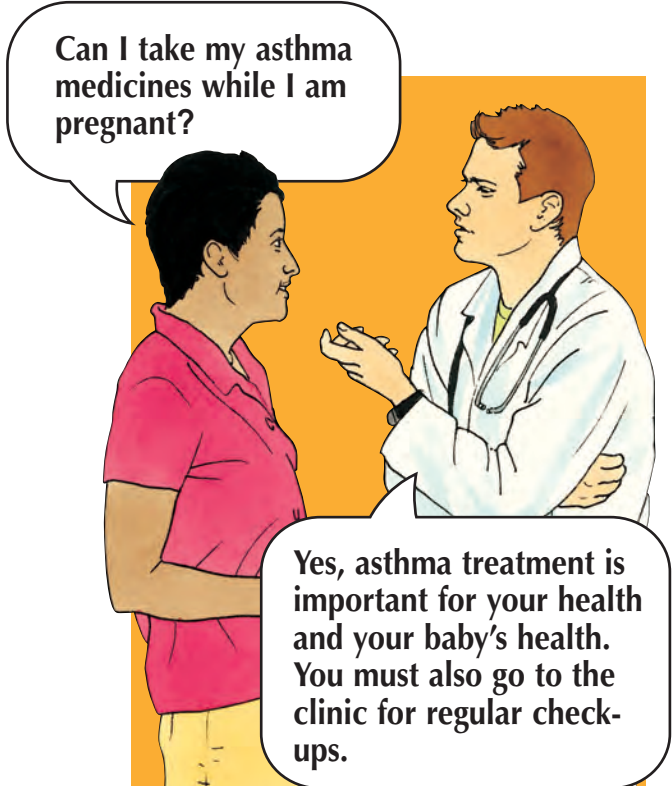


addicted

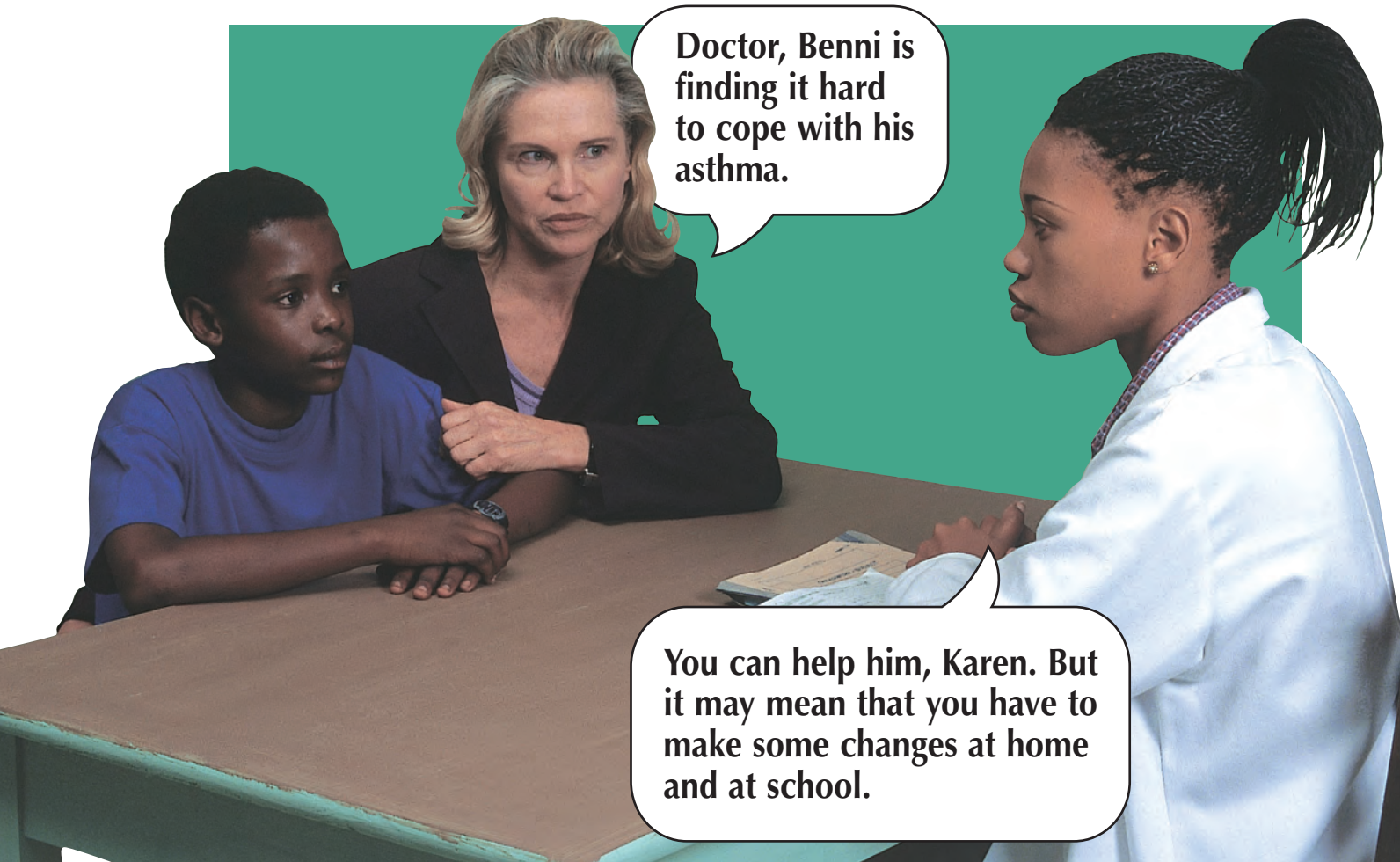
- ukwejwayela ngokweqile
- ukuba yingedle
- ho ba lekgoba
- verlaaf

inhaled

- okuhogelwayo
- efunxwayo
- arubelang
- ingeasemde



How to check and



There are four ways to check and control your asthma:



Keep a diary
– read next
page.



Use a peak flow
meter – read
next page.



Take your
asthma
medicines
correctly –
read pages
16 to 19.



Stay away
from your
triggers –
read pages
8, 9 and 29.

diary

- idayari
- idayari
- dayari
- dagboek

peak flow

- i-peak flow
- incam
ephezulu
- sesebediswa
sa peak flow
- spitsvloei

control asthma

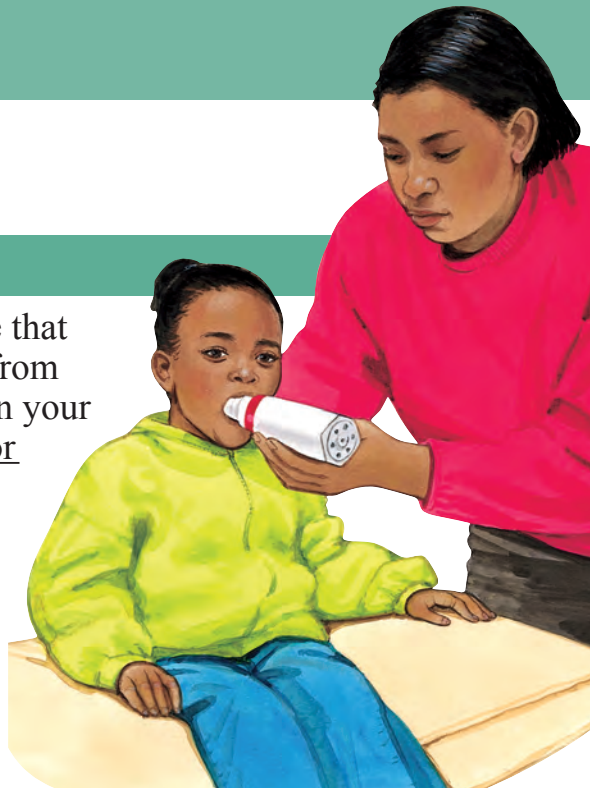
Keep a diary

The health worker will ask you to write down your asthma symptoms, like wheezing and coughing each morning and night. The health worker will also want to know how much medicine you have taken. This information will help him or her to decide whether the treatment is working, or if it needs to be changed.



Use a peak flow meter

- A peak flow meter is a small machine that measures how fast you can blow air from your lungs. It measures the changes in your airways. This will help you to monitor your asthma.
- Sometimes you may feel your breathing is fine. But when you measure it with a peak flow meter, it shows your airways are a bit closed.
- The health worker will tell you if you need to get a peak flow meter. She will tell you what readings are normal for you. She will also tell you what to do if your readings drop.



How to use a peak flow meter

- Always use the peak flow meter while you are standing up – unless you cannot stand up.
- Push the small plastic arrow to the bottom of the scale, near the mouthpiece. This is a zero reading.
- Hold the peak flow meter so that it is level with the floor. Take a deep breath, then blow as hard and as fast as you can into the mouthpiece.
- Do not cough or let your tongue block the mouthpiece.
- Read the number that the plastic arrow points to. Do this three times, and write down the highest number.



monitor

- ukuqapha
- ukubeka iliso/ ukwalusa
- lebella
- monitor

readings

- isikalo
- iziphumo zamanani
- dipalo
- lesings

normal

- okuvamile
- yeyesiqhelo
- tlwaelehileng
- normaal

plastic arrow

- i-arrow noma umcibisholo weplastiki
- utolo lweplastiki
- motsu wa polasetiki
- plastik-pyltjie

bottom

- ngezansi
- umzantsi
- tlase
- onderpunt

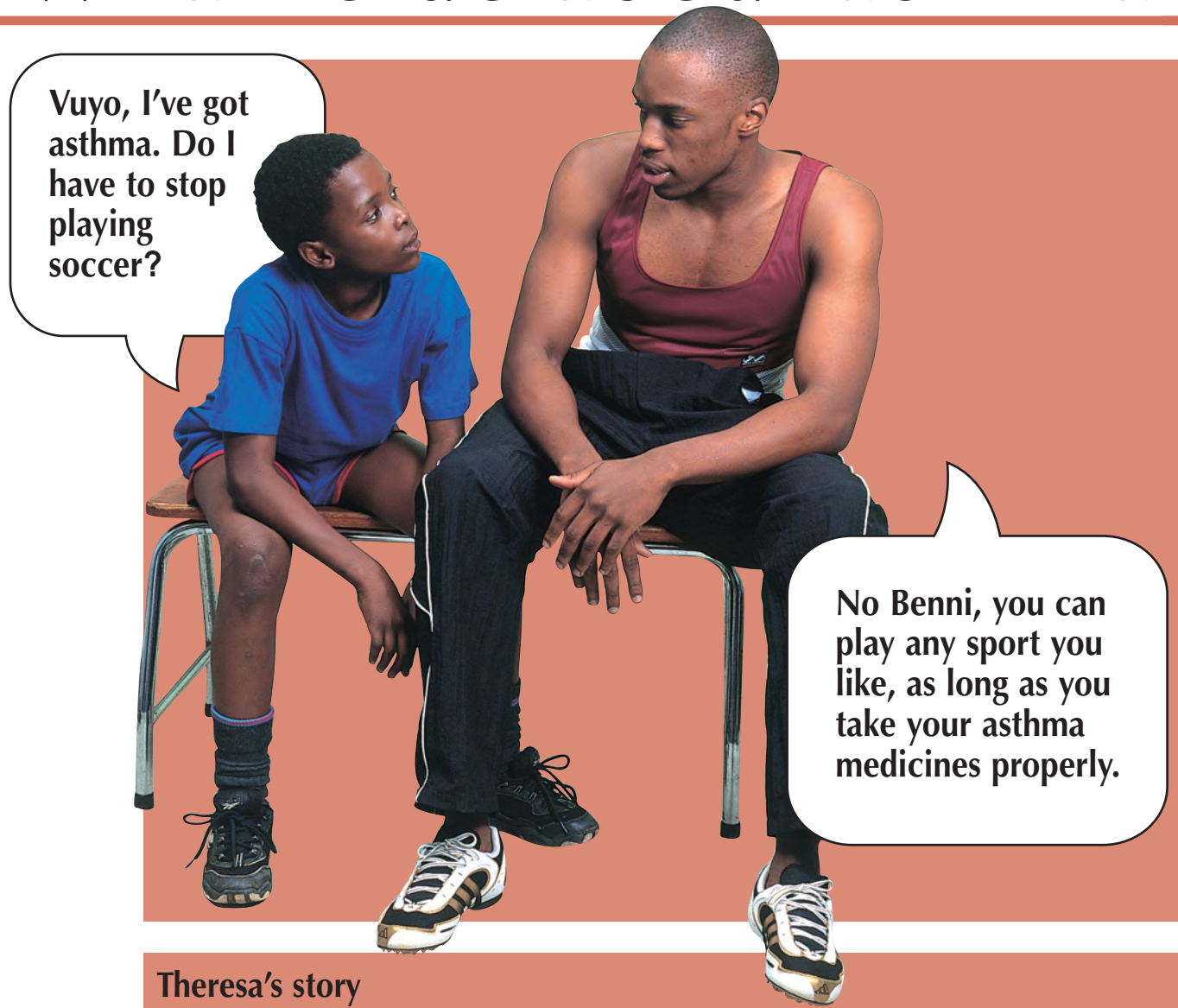
scale

- isikali
- isikali
- sekala
- skaal

level

- iqondane
- ukulingana
- lekana
- gelyk

What to do about asthma



Theresa's story

Hi, my name is Theresa. I am 11 years old. Asthma has not stopped me from winning medals for netball. This is what happened to me.

When I was 5 years old, I used to get wheezy whenever I exercised. My mother took me to the clinic for a check-up. The health worker did some tests. She said that I had asthma, but that I could live a normal life. She gave me an asthma pump with reliever medicine. She told me to take 2 puffs of this medicine before I ran.

I went back for regular check-ups to make sure that the treatment was working. After 2 months, I told the health worker that I still had a tight feeling in my chest when I exercised, when I woke up in the morning, and when I was near cats. I also told her that I sometimes had to use my asthma pump at half-time when I played netball.

wheezy

- uku-hoshozela/ ukukhefuzela
- ukuminxana ukuminxeka
- ho ema boima
- kortasem

in children

Asthma and school

- Always tell the teacher that your child has asthma. Tell the teacher how the asthma medicines should be given to your child.
- Tell the teacher that your child can be treated in the same way the other children are treated.
- If your child misses school because of asthma:
 - Tell the school what is wrong with your child.
 - Ask the teacher for work for your child to do at home.
 - Let the school know how your child is doing.



Read pages 16 to 21 to find out how to treat asthma and live a healthy life.

She did some more tests on me. She then told me I need to use preventer medicine twice a day, even when I am feeling well. This medicine would make my chest stronger.

I did this for a month. I could not believe how much better I felt. I could now play netball without using my asthma pump at half-time.

I still use the pump every day, and I feel strong and healthy. I do everything that the other children do – and sometimes I do it much better!

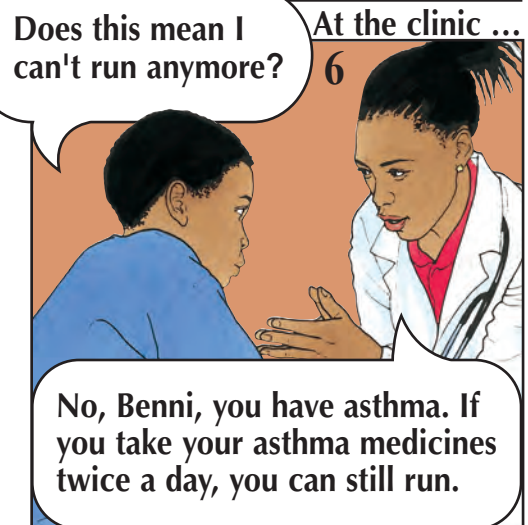


What to do about asthma

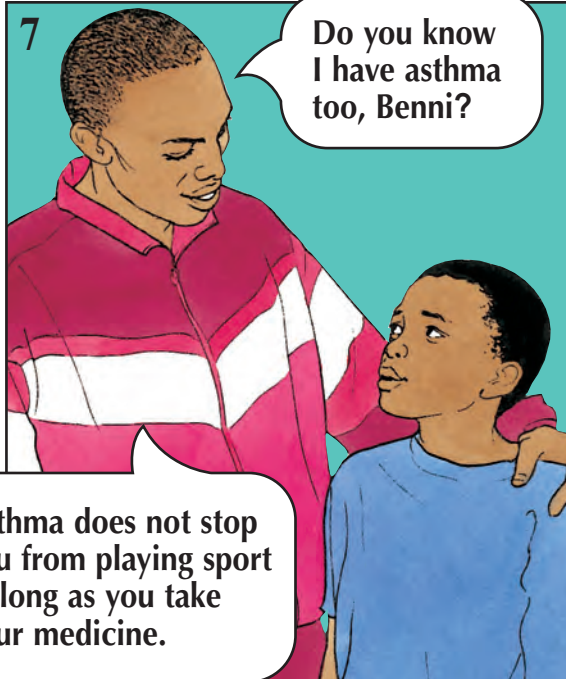
1 Benni is very excited. Vuyo Manaka, the Olympic athlete, is visiting Soul City High.

We are very happy that an ex-student of ours has been so successful at the Olympics. He is here today to help Soul City High train five of our students.

I hope that I will be picked.



and sport



8 Benni takes Vuyo's advice and takes his medicines every day.



Asthma medicines and sport

If you take your asthma medicines regularly and correctly, you will be able to play sport without having an asthma attack. Exercise is good for you, especially if your asthma is not very bad. If you have an attack during exercise, tell a health worker.

How to exercise if you have asthma:

- Do not exercise when you have a cold. Be careful when you exercise in spring because there is a lot of pollen in the air. Be careful when you exercise in very cold or hot weather.
- Take your preventer medicines 15 to 60 minutes before you exercise. If you need to take 2 to 4 puffs every 4 hours when you exercise, see a health worker. It may mean that you will get asthma attacks soon.
- Start exercising slowly. Warm-up exercises relax your muscles and widen your airways. This makes breathing easier.
- Choose your exercises carefully. Long-distance activities, like running, often cause wheezing. Sports such as soccer and swimming may be better.

pollen

- impova/yezimila
- umvuvuzelo
- pholene
- stuifmeel

muscles

- imisipha/amamaseli
- izihlunu
- mesifa
- spiere

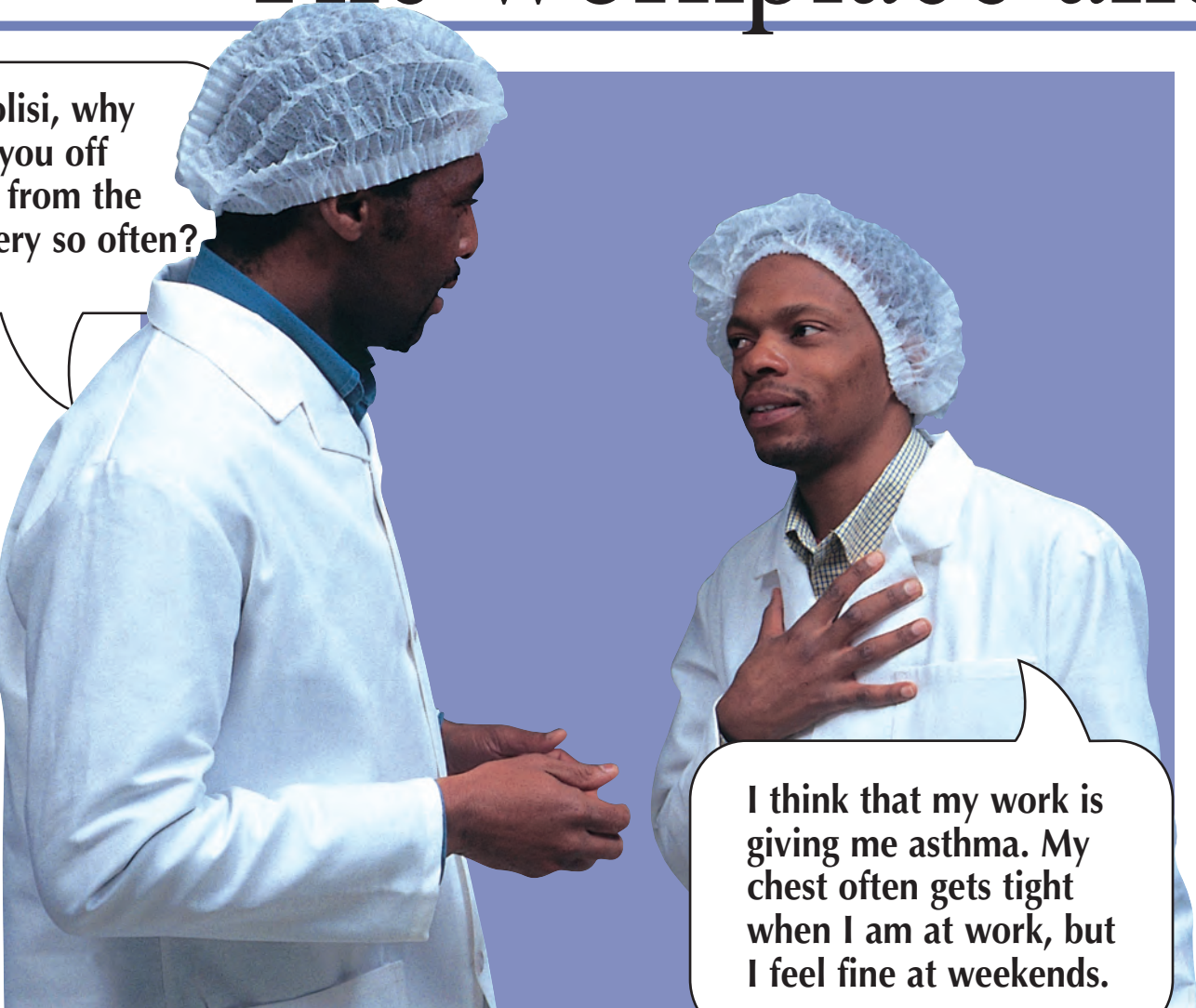
widen

- ukunweba/ukuvula
- ukuvula
- pharalatsa
- wyer maak

Did you know?

- Shaun Bartlett who plays for Bafana Bafana has asthma.
- Ten percent of Olympic athletes have asthma.
- Soccer, short-distance running, netball and rugby are all good exercise for asthmatics.

The workplace and



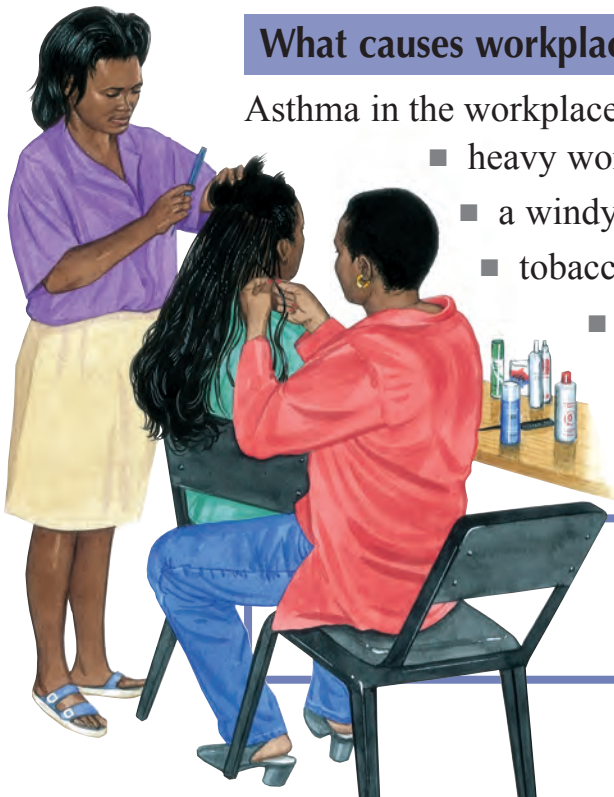
Mxolisi, why are you off sick from the bakery so often?

I think that my work is giving me asthma. My chest often gets tight when I am at work, but I feel fine at weekends.

What causes workplace asthma?

Asthma in the workplace may be caused by these things:

- heavy work, like carrying or pushing heavy loads
- a windy or wet workplace
- tobacco smoke from other workers
- substances that can cause an allergy



There are many triggers in the workplace that can cause asthma. Get to know what triggers cause your asthma.

asthma

Jobs and workplaces may cause asthma

| Jobs and workplaces | Possible asthma triggers |
|---|--|
| ■ Bakers, millers, farmers | Flour, grain, soybean, sesame seed |
| ■ Clothing and textile workers | Wool, silk, dyes |
| ■ Factories where cleaning materials are made | <u>Enzymes</u> in the cleaning materials |
| ■ People who work with food <u>processing</u> | Seafood, flour, spices, egg protein, coffee, tea, garlic, mushrooms, dairy products |
| ■ Florists, forestry workers, furniture makers | Flowers, grass, seeds, insects, <u>pesticides</u> ; dust from cutting timber or wood |
| ■ Plastic and rubber glue makers | Small <u>chemical particles</u> in the air |
| ■ Printers | Gum acacia, which is used in colour printing |
| ■ Spray-painters and hairdressers | Chemicals and paint fumes used in these jobs |
| ■ Welders | Metal fumes |
| ■ Hospitals and medical laboratory workers | <u>Latex gloves</u> |
| ■ Metal refinery or <u>plating</u> workers | Chrome, nickel vanadium |
| ■ Foundry workers | <u>Resins</u> |
| ■ Animal handlers in laboratories, zoos and stables | Animal hair, feathers, urine, insects, mites |

enzymes

- izimanzisi (ama-enzyme)
- izinto ezibumbanisa iziqalelo zomchiza ngaphandle kokujika ngokwazo
- di-enzaeme
- ensieme

processing

- ukugaywa ngandlela thizeni
- ukulungis-elelwa ukungonakali
- tshilo ya dijo
- prosesering

pesticides

- izibulala zinambuzane
- amayeza okubulala izitshabalalisi
- dibolaya-dikokonyana
- plaagbe-stryders

chemical particles

- izicucwana zamakhemikhali
- amasuntswana amachiza/eekhemikhali
- dikotwana tsa dikhemikale
- chemiese partikels

latex

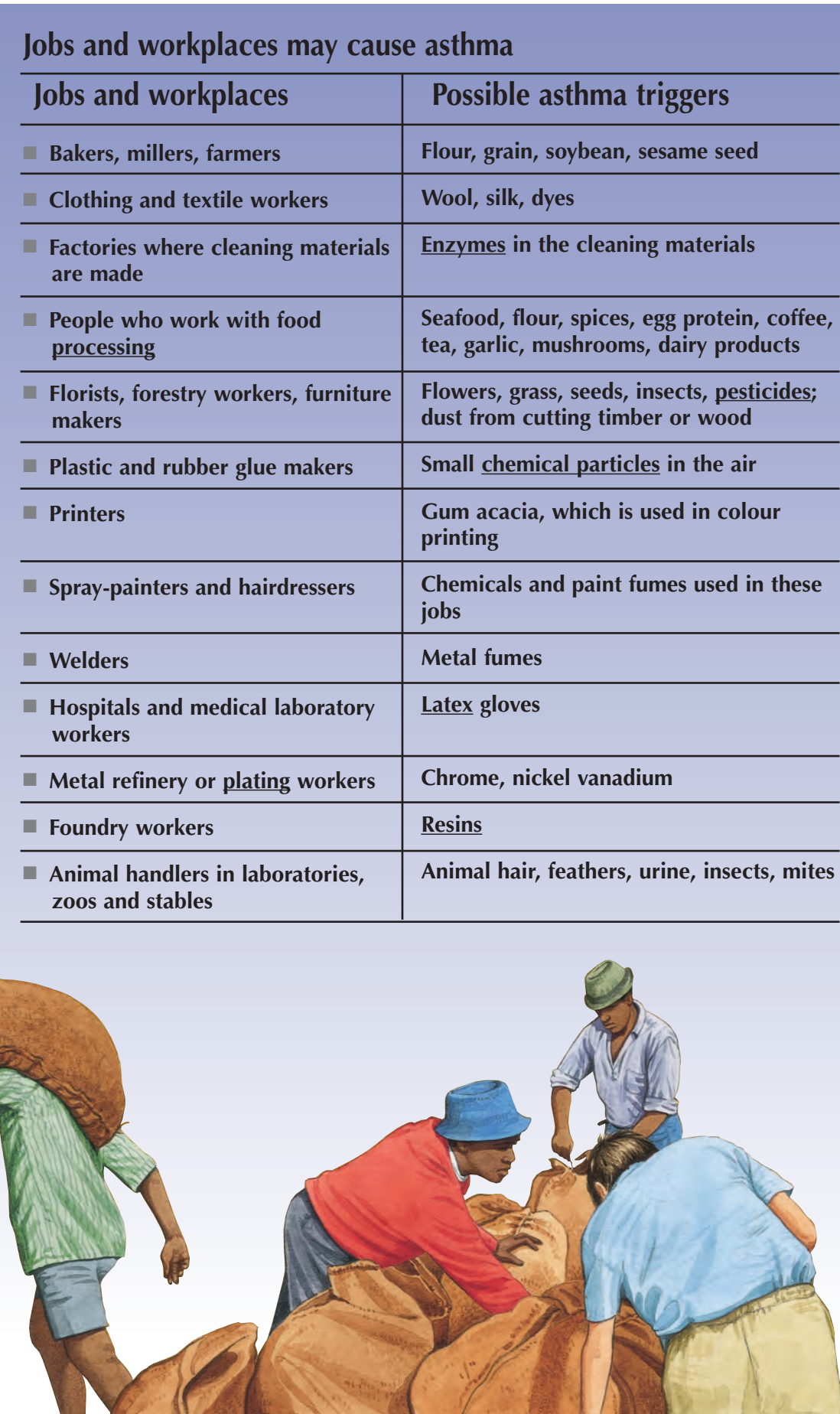
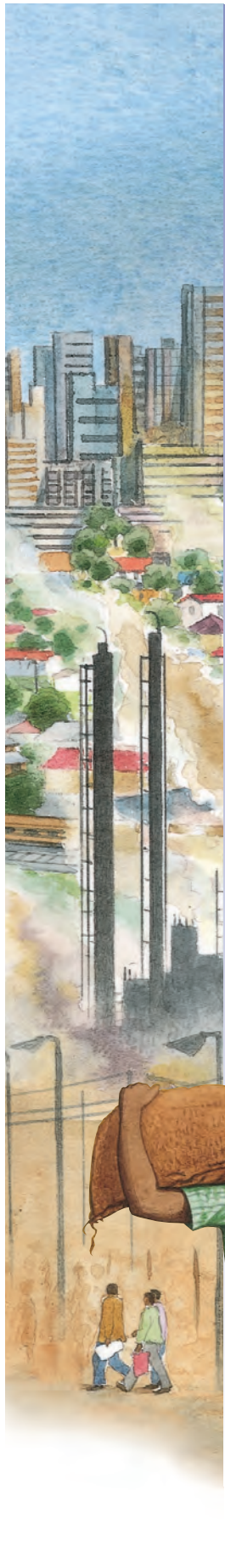
- okusarabha noma iplastiki
- irabha
- raba
- rubber (handskoene)

plating

- abelukayo/abasebenza ngocwecwana lwesiliva noma lwegolide
- ulwaleko lwegolide
- ho loha/ ho sebeta ka disebediswa tsa mabenyanane
- plaat (werkers)

resins

- inhlaka
- iintlaka
- boka ba difate
- harpuis



The workplace and asthma

What to do if you have workplace asthma

Some people only get asthma when they are adults. This may be caused by their work. If you notice that your asthma gets better when you are on leave or over weekends, then your asthma may be to do with your work.

Workplace asthma is becoming more common. About one out of four adults with asthma has workplace asthma. If you think you have work-related asthma, speak to your health worker or health and safety representative.

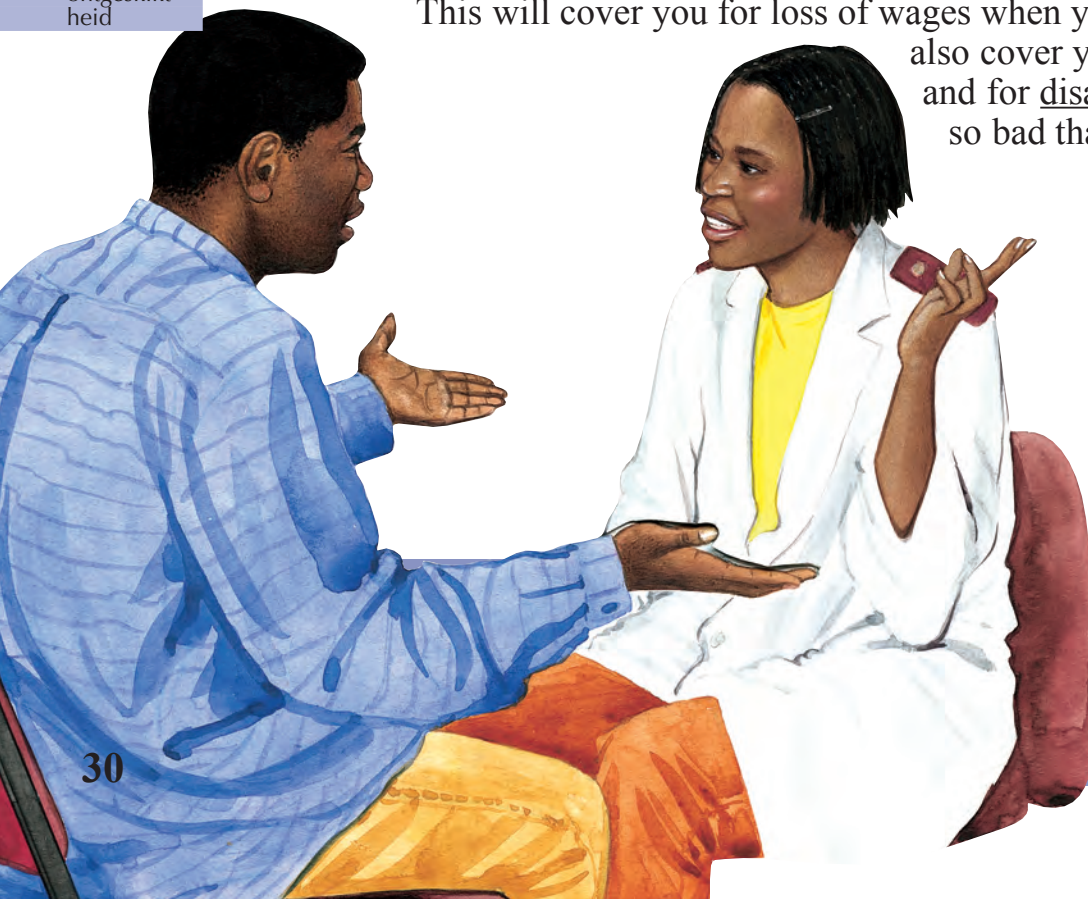


Speak to a health worker at the clinic

- The health worker will give you medicines for your asthma.
- She will do tests to see if your asthma is caused by something at your workplace.
- The health worker will also advise that you be moved to an area where there are fewer or no triggers.
- She will report your asthma to the Department of Labour inspector .
- The health worker can help you fill in a Worker's Compensation claim. This will cover you for loss of wages when you cannot work. It will also cover you for medical treatment, and for disability if your asthma is so bad that you cannot work.

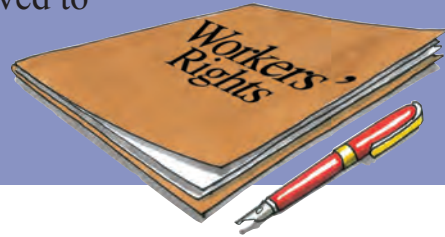
disability

- uku-khubazeka
- uku-khubazeka
- uku-khubazeka
- ontgeskiktheid



Your rights in the workplace

- You have the right not to be fired because you have asthma.
- Your employer must try to find another place for you to work in the same factory. This place must be away from your asthma triggers. If it is impossible for you to be moved to another job, you may have to carry on doing the same job, and take your asthma medicines.



Speak to your health and safety representative

- The health and safety representative can get you moved to a job where there are no triggers for your asthma.
- He can get management to fix any faults in the workplace that may be causing your asthma.
- He will make sure that you get protective clothing, for example, face masks and respirators.
- He can also help you to arrange regular medical check-ups that are needed by the Health and Safety Act.
- Your representative will train all workers on the safe use of chemicals and other substances.
- He will report your asthma to the Department of Labour Inspector.
- He will also tell your union if you are treated unfairly because of your asthma.

regular

- njalo
- njalonjalo
- phethapheto
- gereelde

chemicals

- amakhemi-khali
- imichiza/iikhemikhali
- dikhemikhale
- chemikalieë



List of places to

Provincial Asthma Clinics

EASTERN CAPE

**Livingstone Hospital
Respiratory Clinic**
Standford Road, Korsten, Port Elizabeth
Tel: 041 405 2250/2125/2502/9111

FREE STATE

**Pulmonology Clinic
Universitas Hospital**
Logeman Street, Universitas, Bloemfontein
Tel: 051 506 3500

KWAZULU-NATAL

**Workers' Health Centre, King Edward
VIII Hospital**
Sydney Road, Congella, Durban
Tel: 031 360 3021

Mahatma Gandhi Memorial Hospital
100 Phoenix Highway, Phoenix, Durban
Tel: 031 502 1719

Prince Mshiyeni Memorial Hospital
Umlazi, Durban
Tel: 031 907 8111

Grey's Hospital
Townbush Road, Chase Valley,
Pietermaritzburg
Tel: 033 897 3000

**Occupational Medicine Clinic
King Edward VIII Hospital**
Sydney Road, Congella, Durban
Tel: 031 360 3111/3021

Inkosi Albert Luthuli Hospital
800 Bellair Road, Mayville
Durban
Tel: 031 240 1000

RK Khan Hospital
Chatsworth Circle
Chatsworth, Durban
Tel: 031 459 6000

WESTERN CAPE

**Allergy and Asthma Clinic
Red Cross Children's Hospital**
(Children only)
Klipfontein Road, Rondebosch, Cape Town
Tel: 021 658 5022/5311

**Asthma Clinic
Department of Paediatrics
Tygerberg Hospital**
(Children only)
Franzie van Zyl Drive, Tygerberg, Cape Town
Tel: 021 938 4539

**Allergy Clinical Research Unit
UCT Lung Institute**
(Children only)
George Street, Mowbray, Cape Town
Tel: 021 406 6889/6850

**Occupational Diseases Clinic
Groote Schuur Hospital (E16)
New Building/New Hospital**
Main Road, Observatory, Cape Town
Tel: 021 404 4369

**Respiratory Clinic
Groote Schuur Hospital (E16)
New Building / New Hospital**
Main Road, Observatory, Cape Town
Tel: 021 404 4369/9111

Tygerberg Hospital Lung Unit
Franzie van Zyl Drive, Tygerberg,
Cape Town
Tel: 021 938 4911

UCT Lung Institute
George Street, Mowbray, Cape Town
Tel: 021 406 6850

**Occupational Medicine Clinical
Research Unit
UCT Lung Institute**
George Street, Mowbray, Cape Town
Tel: 021 406 6850

help you

Provincial Asthma Clinics

GAUTENG

Johannesburg Hospital Asthma Clinic
Jubilee Road, Parktown, Johannesburg
Tel: 011 488 3356

National Centre for Occupational Health
25 Hospital St, Hillbrow, Johannesburg
Tel: 011 712 6400

**Pretoria Academic Hospital
Lung Unit**
Dr Savage Road, Pretoria
Tel: 012 354 1564

Helen Joseph Hospital
Perth Road, Auckland Park,
Johannesburg
Tel: 011 489 1011

Chris Hani/Baragwanath Hospital
Potchefstroom Road, Diepkloof,
Johannesburg
Tel: 011 933 9168

Asthma Organisations

Allergy Society of South Africa
PO Box 88, Observatory, Cape Town, 7935
Tel: 021 447 9019

National Asthma Education Programme
Tel: 011 643 2755/680 1313



**This Community Development Project is brought to you in
the interests of a healthy nation by:**



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Their dedication and expertise is valued and appreciated.

It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to one of the organisations on this page. Soul City and Jacana Media cannot be held responsible for any medical problems.

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