



**no**

## sameynta fical geesinimo leh

Opioids hadda waa mid ka mid ah sababaha keena dhimashada la xiriirta is-dhaawacida ee ka dhaca Washington State (gobolka Washington). Dad aad u badan ayaa u dhinta qaadashada kuurada xad dhaafka ah ee daawada marka loo bardhigo shilalka baabuurga.<sup>1</sup>

Daawada Opioid-ka si xun ayay u saameysaa qaybta maskaxda ee ugu muhiimsan. Muddo kadib, isticmaaluhu wuxuu u baahnaan doonaa in tii hore kasii badan. Arrintaan ayaa ka dhigeysa inuu si xun ula qabsado.<sup>2</sup>

Waxaad sameyn kartaa farqi. Caawi saaxiib. La wadaag xaqiiqooyin.

<sup>1</sup>Isha: Waaxda Caafimaadka ee Gobolka Washington

<sup>2</sup>Isha: National Institute on Drug Abuse (Machadka Qaranka ee Ku Xad-gudubka Daroogada ee Dhallaanka)



### JOOJI SI XUN U ISTICMAALIDA DAAWADA OPIOID-KA **Go'aankaagu waa muhiim.**

- ✓ Haddii laguu qoray daawada opioid, kala hadal dhaqtarkaaga dookhyada kale ee aad haysato.
- ✓ Qofna hala wadaagin daawada opiod ee laguu qoray.
- ✓ Daaweyntu way shaqeysaa. Haddii aad isleedahay waxaad u baahan tahay caawimaad, ka wac khadka caawimaadda ee soo kabashada Gobolka Washington taleefankaan 1 (866) 789-1511.
- ✓ Si badbaado leh u tuur daawooyinka aan la isticmaalin adoo u geynaaya barnaamijka dib u qaata daawooyinka aan la isticmaalin ee kuu dhaw. Ka raadi [TakeBackYourMeds.org](http://TakeBackYourMeds.org).

Wax badan ka baro barta  
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Haddii aad u baahan tahay macluumaad  
dheeraad ah:[kingcounty.gov/overdose](http://kingcounty.gov/overdose)



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Health Care Authority



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Washington State  
Health Care Authority

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