

kow tallaabo fudud

JOOJI SI
XUN U
ISTICMAALKA
OPIOID

Waxaad noqon kartaa qofka badbaadiya qoyskaaga

Waxay ku bilaabantaa hal tallaabo Hal tallaabo oo dhiirigelinta Hal wada sheekaysi oo daacad ah.

Markay timaado ka hortagga si xun u isticmaalka opioid, waxaad samayn kartaa faraq. La hadal kuwa aad jeceshahay oo wadaag xaqqiyooyinka.



Opioid waa mid ka mid ah sababa dhaawaca dhimashada la xidhiidha gudaha Gobolka Washington. Dad badan waxay u dhintaan qaadasho qadar xad dhaaf ah oo ka badan shilalka baabuurta.¹



75 boqolkiiba si xun u isticmaalka opioid ee isticmaalka dawooyinka aan iyaga loo qorin - caadi ahaan laga soo qaaday saaxiib ama xubin qoyska ah.²



Carruurto 50 boqolkiiba waxaa dhici karta inay wax yar isticmaalaan daroogada marka waalidku u sheego wax ku saabsan khataraha.²

SAAMAYNTAADU WAA MUHIIM

Qufulo dawooyinkaaga.

kala hadal kuwa ku jecel wax ku saabsan khataraha isticmaalka Opioid.

Kala hadal dhakhtarkaaga wixii ku saabsan qaababka kale si loo maareeyo xanuunka. Ku dhiirgeli kuwa aad jeceshahay inay sameeyaan sidaas si la mid ah.

Ku tuur wixii dawooyinka aan la isticmaalin ah si badbaado leh xaga dib ugu qaadka barnaamijka ee kuu dhow. Mid ka hel [TakeBackYourMeds.org](https://www.TakeBackYourMeds.org).

OGOW
XAQIIQOQYINKA

Waa maxay Opioid?

Opioidku waa nooc gaar dawooyinka guud ahaan loo isticmaalo in xanuunka lagu yareeyo.

Maandooriyaha sharci darrada ah ee hiiryooyinta waa opioid, sida xanuun baabiiyayaasha badan ee ay qoraan dhakhaatiirtu.

Opioidku waxay si xun u saamayn kartaa qayb maskaxda gudaheeda. Muddo ka dib, isticmaalahu waxa uu ubaahan karaa wax badan iyo wax badan, iska dhigaya dawooyinkan kuwo aad loola qabsato.⁴

DOORASHOYINKA
KALE EE
XANUUN
BAABIYAHA



Haddii lagu qoro opioid, la hadal dhakhtarkaaga ee ku saabsa doorashooyinka kale.



La hadal adeeg bixiyaha caafimaadka dhaqanka ee ku saabsan farsamooyinka ee caawin kara maaraynta walabahaarka.³



Iskud ay daawaynta jidhka ama daawaynaha kale sida akubanjarka ama duugista jidhka³.

WAX BADAN KA BARO

GetTheFactsRx.com

Ilaha ¹Washington State Department of Health(Waaxda Caafimaadka Maraykanka Gobolka Washington), ²Substance Abuse and Mental Health Services Administration(Isticmaalka Maandooriyaha iyo Maamulka Adeegyada caafimaadka Maskaxda), ³Center for Disease Control and Prevention (Xarunta Xakamaynta Cudurka iyo Ka hortagga) ⁴National Institute on Drug Abuse for Teens (Machadka Qaranka ee Isticmaalka Maandooriyaha ee Kurayda)

For more information:
kingcounty.gov/overdose



King County

Washington State
Health Care Authority