

# one kōmman eo eberan

## KŌBŌJRAK KŌNANIK MŌÑĀ OPIOID.

Jibañ mōttam. Jeeri kein mejeje epool.

Ejinoe ilo juon buñtōn. Juon kōmman eo eberan. Juon bwebwenato in mool.

Ñan bōbrae kadek in uno ko opioid, kwōmaroñ kōmman oktak.



Opioid ekōmman lōñloq in mej jān jorrāān ilo Washington State. Elaploq mej kōn kōlaploq aer bōk uno ko rekajoor jān jorrāān ilo aer ettōr.<sup>1</sup>



Raan otemjej, ekōmadmōde laploq j ān 1,000 armej ilo emergency departments kōn aer idaak opioid ilo wāwein jab ekkar ñan kōmejeje eo an taktō.<sup>2</sup>



Ilo 2015 wōt, 718 armej ilo Washington kar mij jān kōlaploq in bōk uno ko opioid.<sup>1</sup>

## EAURŌK KĀLET KO Aᄀ

Jab jeeri uno ko kar bōke jān taktō eo ippān bar juon.

Eᄀman kōmadmōde. Ñe kwōr aiku j inñ, kebaak Washington Recovery Help Line ilo **1 (866) 789-1511**.

Kōjparok aᄀ joᄀoki uno ko jañin kōmōje ippān juon take-back būrookraam. Kappok juon ilo **TakeBackYourMeds.org**.

# KŌJEĻĀ KEIN MEĻEĻE EṀOOL

## Ta in opioid?

Opioid juon kain uno ko rekajoor im ewōr unier ñan kōdikļok metak eo.

Uno in heroin eo jekkar kien ej juon opioid āinwōt jet ko uno in kōdikļok metak ko kar leļok jān taktō ko.

Enana opioid bwe en oktak ñan ṁōttan kōmālij eo ej kile jinōkjeej. Ālikin jet iien, juon armej en maroñ eaikuij ļapļok im ļapļok, eñin añurlep eo an uno kein.<sup>3</sup>

# JET WĀWEIN KO KŌṀADMŌDE METAK EO



Ñe taktō eo ej lewōj eok juon opioid, kajjitōk ippān taktō kōn jet wāween ko.



Kōnono ippān juon eo ej jibañ kōjprak ļōmņak im ṁwilin kōn kilen lale im kōdikļok aṁ inepata in stress.<sup>2</sup>



Emaroñ physical therapy ak jet kilen āinwōt kōṁadṁōd in wā ak jukjuki ainbwinin.<sup>2</sup>

## EKKATAK ҪOK

# GetTheFactsRx.com

<sup>1</sup>Jikin melele: Washington State Department of Health

<sup>2</sup>Center for Disease Control and Prevention

<sup>3</sup>National Institute on Drug Abuse for Teens

Kōn ļapļok in meļeļe  
[kingcounty.gov/overdose](http://kingcounty.gov/overdose)



## King County

Washington State  
Health Care Authority