

kow falka dhiirigelinta

JOOJI
SI XUN U
ISTICMAALKA
OPIOID

Caawi saaxiib wadaag xaqiiqooyinka

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

Markay timaado ka hortagga si xun
u isticmaalka opioid, waxaad samayn
kartaa faraq.



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



Maalin kasta wax ka badan 1,000
dad ah ayaa lagu daweeeyaa
waaxaha gurmada iyaddoon la
isticmaal dawo qorida opioid sida la
faray awgeed.²



Gudaha 2015 keligii, 718 qof oo
joogay Washington ayaa u dhintay
isticmaalka tan dhaafka ah ee ku
lugta leh opioidka.¹

DOORASHOYINKAAGU WAA MUHUUM

Weligaa hala wadaagin dawo qorida
opioid qof kale.

Daawayntu way shaqaysaa
Haddii aad caawimo u baahantahay
wac Khadka Caawimada Bogsashada
Washington lambarkan **1 (866) 789-1511**.

Ku tuur wixii dawooyinka aan la
isticmaalin ah si badbaado leh xaga dib
ugu qaadka barnaamijka ee kuu dhow.
Mid ka hel **TakeBackYourMeds.org**.

**OGOW
XAQIIQOQOYINKA**

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 baabiyaasha badan ee ay qoraan dhakhaatiirtu.

Opioidku waxay si xun u saamayn kartaa qayb maskaxda gudaheeda. Muddo ka dib, isticmaaluhu waxa uu ubaahan karaa wax badan iyo wax badan, kadhigaya dawooyinkan kuwa aad loola qabsato.³

**DOORASHOYINKA
KALE EE
XANUUN
BAABIYAHA**



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



La hadal adeeg bixiyaha caafimaadka dhaqanka ee ku saabsan farsamooyinka ee caawin kara maaraynta walabahaarka.²



Iskud ay daawaynta jidhka ama daawaynaha kale sida akubanarka ama duugista jidhka².

WAX BADAN KA BARO

GetTheFactsRx.com

Ilaha ¹Washington State Department of Health (Waxda Caafimaadka Gobolka Washington)

²Center for Disease Control and Prevention(Xarunta Xakamaynta Cudurka iyo Ka hortagga)

³National Institute on Drug Abuse for Teens (Machadka Qaranka ee Isticmaalka Maandooriyaha ee Kurayda)

Washington State
Health Care Authority