

# 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.<sup>1</sup>



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



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

## 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 hiirsooyinta 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, kadhigaya dawooyinkan kuwa aad loola qabsato.<sup>3</sup>

**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.<sup>2</sup>



Iskud ay daawaynta jidhka ama daawaynaha kale sida akubanjarka ama duugista jidhka<sup>2</sup>.

**WAX BADAN KA BARO**

**GetTheFactsRx.com**

Ilaha <sup>1</sup>Washington State Department of Health (Waxda Caafimaadka Gobolka Washington)

<sup>2</sup>Center for Disease Control and Prevention(Xarunta Xakamaynta Cudurka iyo Ka hortagga)

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