



Saaxiibkaa waxaa laga yaabaa inuu iska tan badiyay haddii:

- Uusan kici karin.
- Uusan neefsanaynin 3 – 5 ilbiriqsi kasta.
- Uu yeesho midabo buluug ah, cawlan, ama basali ah, ama maqaarkiisa uu qabow yahay.

Haddii aad u malaynayso saaxiibkaaga inuu iska tan badinayo, wac 911 oo sii naloxone (Narcan).

Gobolka Washington wuxuu leeyahay Good Samaritan laws (Shuruucda Samatabixinta Wanaagsan) si looga ilaaliyo adiga iyo saaxiibadaa in la idiin maxkamadeeyo haysashada daroogada.

Sida loo isticmaalo naloxone-ta la isku duro:

Ku bilow adigoo saaxiibkaaga jiifinaya.

1. Fur baakada

Daboolka ka fur dhalada iyo saliingaha.

2. Cirbadda geli dhalada

Dhexmari furka cinjirka ah.
Dhalada kor hoos u geddi oo
buuxi saliingaha.

3. Cirbadda ku dur muruq weyn

Dharka dhex marsii
haddii loo baahdo.

4. Ku dur kuurada dhan ee naloxone

Marka xigta, saaxiibkaaga sii afuufka badbaadada. Haddii uu ku soo kici waayo 2-3 daqiiqo gudahood, markale sii naloxone.

Sii wad siinta afuufka badbaadinta iyo naloxone ilaa uu kasoo kaco ama caawin ka imaado.



**Waxbadan ka ogow
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Health Care Authority