FRIENDS FOR LIFE
PREVENT OVERDOSE

Qof walba wuxuu xaq u leeyahay inuu noolaad, qof walbana wuxuu noqon karaa saaxiibka nolosha.

XOG KA OGOW NALOXONE (NARCAN)

Xog badan ka ogow
WAFriendsForLife.com

Naloxone waxay dib u saxdaa dhibaatada si khaldan u isticmaalka opioid-ka, oo ay kujiraan kuwa kujira fentanyl.

Inaad haysato ayaa keenaysa isbadalka oo dhan.

Washington State Health Care Authority

WAXA LOO BAAHANYAHAY IN LA OGAADO

- Naloxone waa daawo dib u saxda si khaldan u isticmaalka opioid-ka.
- Waxaa lagu heli karaa ayadoo sanka lagu buufinayo ama muruqa la iskaga duraayo.
- Qof walba wuxuu heli karaa, qaadan karaa, isticmaali karaana naloxone — uma baahnid tababar khaas ah.
- Waxaa si bilaash ah looga helaa xaafado badan ama waxaa laga iibsadaa inta badan farmashiyeyaasha.
- Washington waxay leedahay amar dhaqan galay kaasoo u taagan qorista daawada, sidaa daraadeed uma baahnid mid kale.

QAABKA AY U SHAQAYSO

- Naloxone waxay xiraysaa saameynta opioid-ku ku leeyihiin maskaxda.
- Ma daaweyso meeshana kama saarto saamaynta daawooyinka kale ama khamriga.
- Waa agabka ugu waxtarka badan ee aan haysano si aan u saxno saamaynta ka dhalata si khaldan u isticmaalka opioid-ka waxayna badbaadinaysaa nolosha.
- Naloxone lalama qabsanayo qofna ma waxyeelaynayso, xaataa haddii uusan qaadan opioid-ka.

SIDA LAGU GARTO SI KHALDAN U ISTICMAALKA OPIOID-KA:

Waxaa laga yaabaa in qofku si khaldan u isticmaalayo haddii uu:

- Uusan hurdada ka kici karin.
- Neefta oo aad u hoosaysa ama aanba jirinba.
- Uu yeesho midabo buluug, gareey, ama madow buluug ah.
- Uu u muuqdo mid dhaxamaysan ama qabow marka la taabto.

Haddii aad aragto astaamaha si khaldan u isticmaalka:

- Wac 911.
- Sii naloxone 2 – 3 daqiiqo ee kastaba.
- Sii neefsiga badbaadinta 5tii ilbiriqsi ee kasta ilaa uu kasoo toosayo ama caawintu kasoo gaarayso.

QAABKA LOO ISTICMAALO MIDDA SANKA LAGU BUUFIYO NALOXONE

Waxay ka bilaabataa adoo saaxiibkaa jiifinaya.

1. Fur baakada

Ha samayn buufin tijaabo ah. Gasacadda waxaa kujira hal.

2. Qabo gasacadda sidaan oo kale

3. Afka ugu gali mid kasta oo kamid ah duleelada sankan

Farahaagu waa inay taabtaan sankiisa.

4. Ku riix gaanjada

Naloxone waxay shaqada bilaabaysaa 2 – 3 daqiiqo gudahood.

Gobolka Washington wuxuu leeyahay Good Samaritan laws (Shuruuc Wanaagsan oo Gargaar ah) si loo ilaaliyo adiga iyo saaxiibadaa in la idiin maxkamadeeyo haysashada maandooriyaha.