

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



**Xog badan ka ogow
WAFriendsForLife.com**



XOG KA OGOW NALOXONE (NARCAN)



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

**Inaad haysato ayaa keenaysa
isbadalka oo dhan.**

WAXA LOO BAAHANYAHAY IN LA OGAADO

- Naloxone waa daawo dib u saxda si khaldan u isticmaalka opioid-ka.
- Waxaa lagu heli karaa ayadoo sanku lagu buufinayo ama muruqa la iskaga duraayo.
- Qof walba wuxuu heli karaa, qaadan karaa, isticmaali karaa naloxone — uma baahnid tababar khaas ah.
- Waxaa si bilaash ah looga helaa xaafado badan ama waxaa laga iibsadaa inta badan farmashiyeyasha.
- 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 wixtarka 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 MIDD SANKU 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

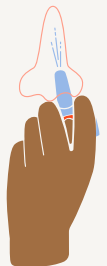
3. Afka ugu gali mid kasta oo kamid ah duleelada sankan

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.