



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:

Ku bilow adigoo saaxiibkaaga jiifinaya.

1. Fur baakada

Ha tijaabin buufinta.

Qasacadda waxaa ku jira

kaliya hal kuuro.

2. U qabo qasacadda sidaan oo kale

3. Afka u gali midkood duleelada sankaa

Farahaagu waa inay taabtaan
sankiisa.

4. Ku wada riix gaanjada



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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