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## **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.

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## **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