



**Qof walba wuxuu
mudan yahay inuu
noolaado,
qof walbana
wuxuu noqon
karaa
saaxiibka
nolosha.**



**Xog badan ka ogow
WAFriendsForLife.com**

**BADBAADI
SAAXIIBADAADA.
WADO
NALOXONE
(NARCAN).**



**Inta badan dhimashooyinka ka dhaca
washington waxay ka dhashaan si
khalidan u isticmaalka fentanyl.**

**Naloxone waxay dib u saxdaa
iska tan badinta opioid-ka,
oo ay ku jiraan kuwa fentanyl.**

XAQIIQOORYINKA KU SAABSAN FENTANYL

Way awood badan tahay. Lama saadaalin karo. Waa khatar.

- Fentanyl waa opioid awood badan, dhaqso jirka gasha oo gacan ku samays ah, marka iska tan badinta waxay u dhacdaa si dhakhso ah.
- Waxaad si aan ogaal ahayn u qaadan kartaa fentanyl lagu daray kaniinada, cocaine, MDMA, ama heroin.
- Hal kaniini, hal leen, ama hal qac ayaa sababi kara iska tan badin halis ah.

WAX KA OGOW NALOXONE

Waa Badbaado. Way Sahlan Tahay. Waa Sharci.

- Naloxone waa daawo dib u saxda iska tan badinta opioid-ka.
- Qof walba wuu heli karaa, qaadan karaa, isticmaali karaana naloxone – uma baahnid tababar gaar ah.
- Waxaa si bilaash ah looga helaa xaafado badan, ama waxaad ka iibsan kartaa farmashi.
- Washington waxay leedahay amar dhaqangashan oo u taagan sidi qorista daawada, sidaa daraadeed uma baahnid mid.
- Ma ahan caado-samayn qofna ma waxyeelayn karto, xataa haddii aysan isticmaalaynin opioid-yada.

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.
Kadib sii naloxone oo neefta badbaadi.

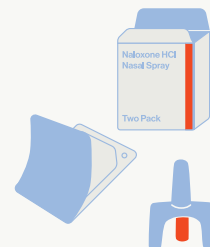
Gobolka Washington wuxuu leeyahay Good Samaritan laws (Shuruucda Samatabixinta Wanaagsan) si looga ilaaliyo adiga iyo saaxiibadaa in la idiin maxkamadeeyo haysashada daroogada.

SIDA LOO ISTICMAALO MIDDA SANKA LAGU BUUFIYO NALOXONE

Ku bilow adigoo saaxiibkaaga jiifinaya.

1. Fur baakada

Ha samayn buufin tijaabo ah.
Qasacadda waxaa ku jira kaliya hal kuuro.



2. U qabo qasacadda sidaan oo kale



3. Afka u gali midkood duleelada sanku

Farahaagu waa inay taabtaan sankiisa.



4. Ku wada riix gaanjada

Naloxone waxay shaqada ku bilaabaysaa 2 - 3 daqiiqo.

