

WAALIDIINEEY, CARRUURTIINA MA KALA HADASHEEN OPIOID-YADA?

Bilow La Sheekeysiga

1. La yeelo wada-sheekeysiga furan oo daacad ah si aad u fahamto su'aalaha, cadaadisyada, iyo walaacyada canugaaga.
2. Ka caawi canugaaga in uu sameysto "qorshaha joojinta." Cadaadiska asxaabta ayaa noqon kara mid xoog badan, marka la imaanshaha tillaabooyin ficil oo macquul ah oo aadna iskula sameysaan jawi badbaado leh ayaa u diyaarin doona canugaaga in uu sameeyo doorashooyin wanaagsan marka ay muhiim tahay.
3. Ku dhiirigeli canugaaga in uu qaato daawo dib u celin karta daawo iska-badinta – sida NARCAN® taxaddar ahaan.

Waxa laga eego haddii aad canugaaga uga shakido in uu si khaldan u isticmaalayo daroogada opioid:

Isbeddello xun oo ku yimaadda buundooyinka ama ganbinta iskuulka.

Jaridda asxaabti ay muddo dheer saaxiibada ahaayeen ama yeelashada saaxiibo cusub oo degdeg ah. Luminta daneynta hawlaha caadiga ah.

Isbeddello ku yimaada muuqaalka, sida daneyn la'aanta nadaafada shakhsiyeed.

Isbeddello ku yimaada habdhaqanka guud, oo ay ku jiraan caadooyinka hurdada iyo cunnada.



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