

SIDEE AYAAN DAROOGADA OPIOID UGALA HADLAA QOF AAN QIIMEEYO?

Waa kuwan qaar kamid ah siyaabaha lagu bilaabo la sheekeysiga:

Weydii Su'aalo Furan

- Weydii wax ku saabsan noloshiisa.
- Kala hadal walbahaarada ama culeysyada laga yaabo inuu haysto.

Si u Damqasho leh u Dhageyso

- Xadid waxa aad la wadaageyso oo diiradda saar dhageysiga.
- Isticmaal oraahyada sida, "Taasi waxay u muuqataa mid adag" ama "Waa caadi in aad dareento culays."

Ka Caawi Maskax Ku Furfurista Doorashooyinka Caafimaadka Leh

- Iska ilaali in aad talo siiso. Ka caawi in uu qofka fikradhiisa la yimaado taa beddelkeeda.
- Weydii su'aalaha sida, "Maxaad samaysaa markaad walbahaarsan tahay?" ama "Sidee ayaan kuu taageeri karaa?"

Ilaali Ereyadaada

- Dheh "isticmaalka" ama "si khaldan u isticmaalka" halki aad ka dhihi lahayd "daroogo."
- Ka fogoow ereyada badali kara ama meel ku asteyn kara qofka, sida "cabtooy," "isticmaale," ama "daroogiste."

Qorshe Samee

- Isku day in aad ku raacdo ficilada fudud, ee wanaagsan ee la qaadan karo, haba yaraatee.
- Weydiiso fasax aad ku booqato ama wadahal aad ku yeelataan mustaqbalka.



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