

SIDA LOO ISTICMAALO NALOXONE

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1 Wac 911 isla markiiba

Haddii aad la joogto qofkale, ha waco inta aad bilaabayso tallaabooyinka xiga.

2 Diyaari Naloxone

Haddii Aad isticmaaleyso Cirbad

Tartiib cirbad uga soojiid dhammaan dareeraha ku jira dhalada. Xaqiiji inuu dareere ka buuxo, oo aysan hawo ku jirin.



Haddii Aad isticmaaleyso Buufinta Sanka

Ganka la riixo ee aaladda ku qabo suulkaaga.



3 Sii Naloxone

Haddii Aad isticmaaleyso Cirbad

Ku dur muruqa weyn. Saliingaha hoos u riix ilaa uu faaruq noqdo.



Haddii Aad isticmaaleyso Buufinta Sanka

Afka aaladda geli sanka oo si adag u riix ganka.



4 Hubi inuu Neefsanayo

Haddii uu Neefsanayo

Qofka u dhig booska soo kabashada. (Madaxu barkan yahay gacan. Jilibku ka celinayo inuu dhinaca caloosha isu gediyo.)



Haddii UUSAN Neefsaneyn

Neef ku afuuf ilaa gargaar yimaado. Madaxa gadaal-gadaal u dhig, sanka isugu qabo, afka ka afuuf 1 mar 5 ilbiriqsi kasta.



5 Sug 3 Daqiiqo

Haddii Uusan Jirin Isbeddel

Sii kuuro kale oo Naloxone ah oo sii wad neef ku afuufidda badbaadinta ah.



Xusuusin:

Isdeji oo haku durin daawooyinka shaqada jirka kor uqaada. Ha dhex dhigin beeshinka qubeyska/shaawarka, hana istaajin qofka. Naloxone ma lahan saameyn maskaxeed ama mid jireed oo daran.

Ilaha: Harm Reduction Coalition, *Administering Nasal Naloxone (Narcan®)*; Addiction Policy Forum, *Naloxone*



WAXBADAN KA OGOW
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