

Soo kabashadu waa suurtagal. **MOUD ayaa kaa caawin karto.**

Daawooyinka balwadda isticmaalka opioid-ka (MOUD):

- waxay caadi ka dhigaan kimistariga maskaxda
- waxay meesha ka saaraan ku haminta
- waxay ka hortagaan calaamadaha iska joojinta
- waxay khatarta iska tan badinta hoos u dhigaan 50%

Iyada oo ay wehliso taageerada saaxiibada, qoyska, iyo xirfadlayaasha daaweynta, MOUD waxay dadka ka caawiyaan in ay si badbaado ah u soo kabtaan.

Methadone & buprenorphine

- Waa daawooyin MOUD ah oo badbaado ah waxtarna leh
- Waxay dadka ka caawiyaan dib-u-dhiska nolosha iyo cilaaqaadka
- Waxaa la siin karaa dadka da' kasta



Naloxone

Ku laabashada waxay noqon kartaa mid qeyb ka ah soo kabashada. Iska tan badinta ayaa aad u badan kadib marki muddo aan la isticmaalin daroogada opioid-ka. Marwalbo wado naloxone oo isticmaal si aad dib ugu saxdo iska tan badinta. Waxay badbaadisaa nolosha waxayna ka dhigtaa soo kabashada joogtada ah mid suurtagal ah.

Kheyraadka

Call Washington Recovery Help Line (Khadka Caawinta Soo kabashada Washington) si aad ula hadasho khabiiir.

1-866-789-1511

Hel rug caafimaad ama barnaamij bixiya MOUD oo kuu dhow.

search.warecoveryhelpline.org

Wac, qoraal u qor, ama la sheekeyso 988 Suicide & Crisis Lifeline (Khadka Caawinta Is-dilka & Xasaradaha). Waa mid bilaash ah oo qarsoodi ah.

988lifeline.org/get-help



Waxbadan ka ogow
[WAFriendsForLife.com/](https://WAFriendsForLife.com/resources)
resources

Washington State
Health Care Authority