



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).**



**Baro sida lagu garto**  
**laguna saxo iska tan**  
**badinta opioid.**

# 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.**

## WAX KA OGOW NALOXONE

**Si fudud oo badbaado ah dib ugu sax iska tan badinta opioid.**

Qof walba wuu heli karaa, qaadani karaa, isticmaali karaa naloxone. Waxaa si bilaash ah looga helaa xaafado badan ama waxaa laga iibsadaa farmashiye. (Washington waxay leedahay amar dhaqangashan oo u taagan sidi qorista daawada, sidaa daraadeed uma baahnid mid.) Way sahlan tahay in la isticmaalo — Uma baahnid tababar gaar ah. Waana badbaado — ma ahan caado-samayn qofna ma waxyeelayso, xataa haddii aysan isticmaalaynin opioid-yada.

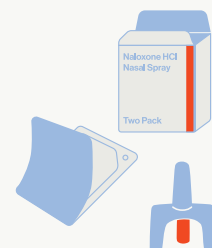
## SIDA LOO ISTICMAALO MIDDA SANKA LAGU BUUFIYO NALOXONE

Ku bilow adigoo saaxiibkaaga jiifinaya.

### 1. Fur baakada

Ha samayn buufin tijaabo ah.

Qasacadda waxaa ku jira kaliya hal kuuro.

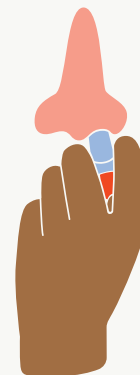


### 2. U qabo qasacadda sidaan oo kale



### 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.

