



Qof walba wuxuu  
mudan yahay inuu  
noolaado,  
**qof walbana**  
**wuxuu noqon**  
**karaa**  
**saaxiibka**  
**nolosha.**

**BADBAADI**  
**SAAXIIBADAADA.**  
**WADO**  
**NALOXONE**  
**(NARCAN).**



**Xog badan ka ogow**  
**WAFriendsForLife.com**

Washington State  
Health Care Authority

**Inta badan dhimashooyinka ka dhaca  
washington waxay ka dhashaan si  
khaldan u isticmaalka fentanyl.**

**Naloxone waxay dib u saxdaa  
iska tan badinta opioid-ka,  
oo ay ku jiraan kuwa fentanyl.**

## XAQIIQOOYINKA KU SAABSAN FENTANYL

**Way awood badan tahay. Lama saadaalin karo. Waa khatar.**

- Fentanyl waa opioid awood badan, dhaqso jirka gasha oo gacan ku samays ah, marka iska tan badinta waxay u dhacdaa si dhakhso ah.
- Waxaad si aan ogaal ahayn u qaadan kartaa fentanyl lagu daray kaniinada, cocaine, MDMA, ama heroin.
- Hal kaniini, hal leen, ama hal qac ayaa sababi kara iska tan badin halis ah.

## WAX KA OGOW NALOXONE

**Waa Badbaado. Way Sahlan Tahay. Waa Sharci.**

- Naloxone waa daawo dib u saxda iska tan badinta opioid-ka.
- Qof walba wuu heli karaa, qaadan karaa, isticmaali karaana naloxone – uma baahnid tababar gaar ah.
- Waxaa si bilaash ah looga helaa xaafado badan, ama waxaad ka iibsan kartaa farmashi.
- Washington waxay leedahay amar dhaqangashan oo u taagan sidi qorista daawada, sidaa daraadeed uma baahnid mid.
- Ma ahan caado-samayn qofna ma waxyeelayn karto, xataa haddii aysan isticmaalaynin opioid-yada.

## 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.

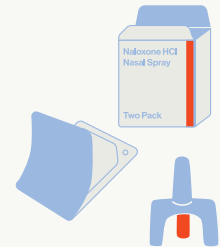
## SIDA LOO ISTICMAALO MIDDA SANKA LAGU BUUFIYO NALOXONE

Ku bilow adigoo saaxiibkaaga jiifinaya.

### 1. Fur baakada

Ha samayn buufin tijaabo ah.

Qasacadda waxaa ku jira kaliya hal kuuro.

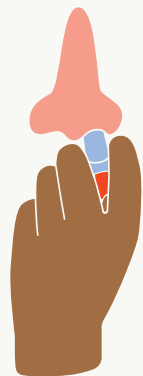


### 2. U qabo qasacadda sidaan oo kale



### 3. Afka u gali midkood duleelada sankaa

Farahaagu waa inay taabtaan sankiisa.



### 4. Ku wada riix gaanjada

Naloxone waxay shaqada ku bilaabaysaa 2 - 3 daqiiqo.

