



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, qaadan karaa, isticmaali karaana 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.

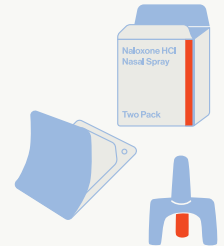
## SIDA LOO ISTICMAALO MIDDA SANKA LAGU BUUFIYO NALOXONE

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.

