

# **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 cilaqaadka
- 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 khabiir.

**1-866-789-1511**

Hel rug caafimaad ama barnaamij bixiya MOUD oo kuu dhow.

**[search.warecoveryhelpline.org](https://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](https://988lifeline.org/get-help)**



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

Washington State  
Health Care Authority