

5 TALLAABADA OYINKA LAGAGA JAWAABO

TALLAABADA

1



Kor Ugu DHAWAAQ & RUX RUX

Magacooda kor ugu dhawaaq & garbhooda rux.

TALLAABADA

2

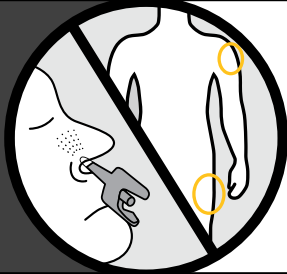


WAC 9-1-1

haddii laga jawaabi waayo.

TALLAABADA

3



WAXAAD SIISAA NALOXONE:

1 mar ku buufi sanku ama ku mud/ Ku dur 1 vial ama Cirbad gacanta ama lugta.

TALLAABADA

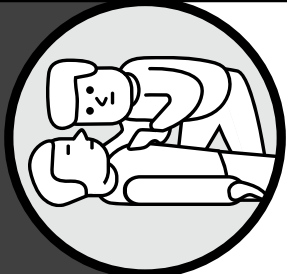
4



SAMEE NEEFSASHADA BAD-BAADINTA IYO/AMA CADAADISKA AMA RIIXIDA XABADKA.

TALLAABADA

5



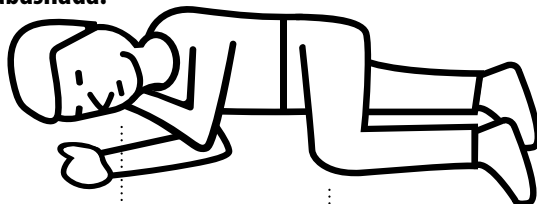
MIYAY SHAQAYSAY?

haddii wax horumar ah la waayo, 2-3 daqiiqo ka dib, ku celi tallaabooyinka 3 & 4. **La joog qofka.**

DHINACA SOO KABASHADA

madaxu waa inuu wax yar gadaal u jeedaa si loo furo marinka ama wadada hawada

Haddii qofku bilaabo inuu iskii u neefsado, ama haddii aad iskood isaga dayso, Waxaad u dhigtaa dhinaca soo kabashada.



gacantu waxay taageereysaa madaxa

jilibku waxa uu ka celinayaa jidhku inuu isu rogo xagga caloosha

CALAAMADHA LAGU GARABTO OPIOID BADAN

- Qofka lama toosin karo
- Neefsashada ayaa gaabis ah ama joogsatay
- Dhawaaqyada khuurada ama qarqarad
- Cidiyaha faraha iyo dibnahu waxay isu beddelaan buluug ama guduud
- indhaha qeybta madow way yaryar yihiin ama indhaha ayaa dib u rogmay
- Jidhka waa dhutinayaa