

## TALOOPYINKA BADBAADADA KA-HORTAGGA XAD DHAAFKA

Ku bilow qiyas hoose si tartiib ahna u wad. Dulqaadkaaga ayaa isbedelaya 3-5 maalmood gudahood. Had iyo jeer samee tallaalka tijaabada marka aad awooddo. La isticmaal qof marka aad awooddo. Qof kasta tookadiisa ha qaato si aad isku daryeeshaan. Ma jiro albaabo xidhan, hubi dadka keligood ah, oo hel jawaab hadal ah.

### TAXADDAR CAALAMI AH

Haddii aad isticmaalayso kokain, crack, speed/ methamphetamine, pills, MDMA, iwm. u qaado inuu fentanyl ku jiro oo tijaabi ka hor intaadan isticmaalin. U sheeg asxaabtaada iyo kuwa aad jeceshahay inay sidaas sameeyaan.

### IN BADAN MA ISKU QASAA?

Haddii aad isku qasayso daawooyinkaaga, had iyo jeer isticmaal kuwa xoogga badan marka hore. Had iyo jeer waxaad samayn kartaa wax ka badan laakiin ma samayn kartid wax ka yar marka aad qaadato. Haddii aad waqti haysato oo ay ammaan tahay, hubi qiyaastaada. Miyay u egtahy mid ka duwan, ur kala duwan, mise midab aan caadi ahayn?

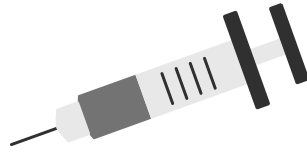
Xusuusnow: benzodiazepines (kiniinada waxaa lagu cadaadin karaa fentanyl) iyo khamriga waa lababa hoos u dhigista neefsashada, waxay yareeyaan neefsashada. Haddii aad qaadaneysa buprenorphine, suboxone ama methadone, daawo sida aad isku qaseysid.

### QORSHEEYNTA DEGDEGGA AH

La qorshee dadka aad la isticmaasho ka hor intaanay wax dhicin. Qof kastaa ma yaqaan Meesha Narcan ku yaal? Mar walba agtaada ku hay, nala soo xiriir haddii aad wax badan u baahan tahay. .Fiiri goobta neverusealone.com.

### CAAFIMAAD GUUD

Joogista fuuq-baxa, wax cunista iyo hurdada si joogto ah, qaadashada daawada, waxay gacan ka geysataa hagaajinta habka difaaca waxayna yaraynaysaa khatarta xad dhaafka ah.



### SII INTRAMUSCULAR NALOXONE



WAC 911



### SII SAMATABBIXIN NEEFSASHO

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WAC, QORAAL AMA SIGNAL MAP HADDI AAD U BAAHATO BUUXIN. NALA SOO SOCODSII MARKA AAD ISTICMAASHO NALOXONE HADDII AY DHACDO XAD-DHAAF.

WAXAAN HALKAA U JOOGNAA DARYEELKA DAMBE IYO TAAGEERO.

# MAINE ACCESS POINTS

## KA-HORTAGGA IYO JAWAAB-CELINTA XAD DHAAFKA

### INTRAMUSCULAR NALOXONE

Waxa aad u baahan tahay inaad ka ogaato siinta naxolone

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La xidhiidh Maine Access Points si aad u hesho naloxone ama macluumaad dheeraad ah: 207-370-9445 (wac ama qoraal)

[info@maineaccesspoints.org](mailto:info@maineaccesspoints.org)  
[www.maineaccesspoints.org](http://www.maineaccesspoints.org)

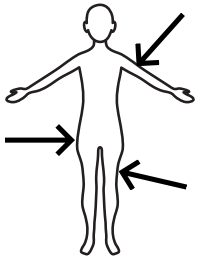
## TALLAABOYINKA JAWAAB- CELINTA XAD DHAAFKA

### **TALLAABADA 1: Hubi jawaab celinta**

Hubi oo arag in qofku yahay mid soo jawaabo. Haddii jawaab la waayo, xoq laabta (xubnaha faraha ku salaax lafta xabadka) ama kor ku xoq bushimaha sare.

### **TALLAABADA 2: Sii Narcan/naloxone**

Sii hal qiyaas (1 fijaan) oo naloxone ah cududda sare, bowdada ama barida.



Haddii aad keligaa tahay, maamul naloxone marka hore ka dibna wac 911. Haddii aanad keligaa ahayn, u qayli qof kale si uu u waco 911 inta aad naloxone maamulayo.

### **TALLAABADA 3: Wac 911**

Wac 911 una sheeg in qofku aanu ka jawaabin ama aanu neefsanayn. Sii adeegyada gurmada ciwaan cad ama goob. Waxaad aragto sheeg.

### **TALLAABADA 4: Bixi neefsashada samatabbixinta**

Iska hubi in aanay afkooda waxba ku jirin, madaxa dib u leexi, sanko qanjaruufo. Sug inta uu naloxone ka shaqayo, ilaali samatabbixinta neefsashada ilaa uu qofku bilaabo inuu iskii u neefsado.

Shantii ilbiriqsiiba hal neef sii.

## **TALLAABADA 5: Bixi naloxone dheeraad**

Sug 1-2 daqiiqo inta u dhaxaysa qiyaasaha. Haddii qofka ku jawaabi waayo 1-2 daqiiqo ka dib, bixi qiyaasta labaad ee sanko kale oo sii bixi neefsashada samatabbixinta ilaa inta caawimo laga helayo. Haddii aadan wicin markii qiyaasta labaad siisid ka dib waa inaad heshaa hab aad u wacdo 911.

Waxaad siin kartaa naloxone inta aad u baahan tahay, adigoo sugaya 1-2 daqiiqo inta u dhaxaysa qiyaasaha.

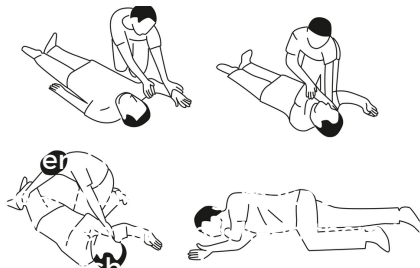
## **TALLAABADA 6: Daryeelka ka dib**

Marka qofka la badbaadiyo, u naxariiso oo naftaada daryeel. Xusuusi qofka in daawada naloxone uu jirka ka bixi doonaa qiyaas ahaan 20-40 daqiiqo oo ay dareemi doonaan fiicnaan. La jog iyaga ilaa ay ka tagayaan cisbitaalka ama ilaa naloxone ay ka baxdo jirka si looga hortago khatarta qaadashada xad dhaafka.

Xusuusi iyaga in isticmaalka opioids-ka ma ka dhigi doono inay fiixnaadaan ilaa naloxone ay ka baxdo.

## **BOOSKA SOO KABASHADA**

Haddii aad waligaa ka tagto qofka (si aad u hesho Narcan, telefoon, saaxiib), qofka u dhig booska kabashada si aanay u margadin haddii ay matagaan/xannibaan marin-haweedka.



## **KU SAABSAN FENTANYL**

INTA BADANAA QAADSHADA XAD DHAAFKA WAXAY KU LUG LEEDAHY FENTANYL  
Fentanyl waa opioid synthetic waana 80 ilaa 100 jeer ka xoog badan morphine iyo 50 jeer ka xoog badan heroin. Fentanyl iyo fentanyl analogues labaduba waxay ku jiraan sahayda daawada taasina waxay ka dhigi kartaa runtii mid aan la saadaalin karin. Noocyada qaarkood way ka xoog badan yihiin, qaar kalena way daciif yihiin. Fentanyl waa budo waana la cabbi karaa, waa la urin karaa, waa la duri karaa, waana la boofed karaa. Ma qaadan kartid xad dhaaf adigoo si fudud u taabatid fentanyl.

NARCAN WAXAY KA SHAQAYSAA FENTANYL:  
MAR WALBA BIXI XATAA HADDII AADAN HUBIN ISKU DHAFFKA

## **CALAAMADHA IYO ASTAAMAHA XAD DHAAFKA**

Fentanyl-ka xad dhaafka ayaa si degdeg ah u dhaca. Calaamadaha iyo astaamaha waxay noqon karaan:

- Joogsi adag iyo cillad xabadka si alwaax oo kale (adkaanta murqaha caloosha iyo xuubka caloosha)
- Daanka oo qafulan (xaaladdan waa inay sankooda ka neefsataa)
- Qofki ma jawaabo
- Bushimaha iyo cidiyaha faraha oo buluugga ama cawl noqdaan
- Maqaar qoyan, dhididsan
- Neefsasho gaagaaban ama degdeg ah, khuurid ama dhawaaqyada gurguurta
- Neef la'aan

Haddii saaxiibka uu madaxa lulayo, laakin weli miyir qabo uuna neefsanayo, la joog iyaga, la soco, sii wad inay hadlaan oo socdaan. Daawo neefsashadooda. Qof ayaa ku simbiririxan kara saacadaha qaadashada xad dhaafka ka dib markay isticmaalaan daroogo.