

Umuganga wawe akwandikiye ikinini ca opioid kivura ububabare.

Umuntu uwaiwe wese ashobora kuganzwa n'ibi binini bikomeye cane.

Wibaze utya: Koko uwu muti ndawukeneye?

Ganira n'umuganga wawe ku nkurikizi mbi zishobora guturuka kuri uwo muti, ingorane umuti ushobora kugutera n'ubundi buryo bwo kuvura ububabare wumva/ufise. Uhisemwo gufata iki kinini, ukeneye kumenya ibi bikurikira:

Gukoresha iki kinini bishobora gutera kuganzwa.

- Kuganzwa na opioid n'ingorane yamaho ubuzima bwose. Ishobora gutangurana n'umuti wandikiwe na muganga rimwe gusa.
- Cane cane abana bato n'urwaruka nibo bashobora kuganzwa muri kazozo, batanguye gufata opioids bakiri bato.

Fata ivyo ukeneye vyonyene.

- Ntibikenewe yuko ukoresha opioid yose wandikiwe n'umuganga.

Kurenza igipimo c'umuti birashobora gushikira uwariwe wese.

- Ntufate umuti urenze urugero umuganga wawe yakwandikiye.
- Gufata umuti mwinshi canke kuwucanga n'inzoga canke ibindi binini bishora kugukwegera ingorane. Bishobora kwanka ko uhema/uhumeka, ukaraba, ukononekara mu bwonko, canke ugapfa.
- Bwira umuganga wawe nimba unywa inzoga, iyindi miti canke ibinini. Bwira umuganga wawe nimba muri kahise wahora unywa inzoga canke ibiyayuramutwe.
- Nimba wibaza ko ugeramiwe cane no kuba wogira urugero rw'umuti rurenze, vugana na muganga wawe ku bundi buryo bwogufasha mu kukuvura.

Ntugendeshe imodokari canke ngo ukoreshe imashini ziremereye.

- Imiti ikomeye cane [ishobora kuyovya ubwenge] ishobora kugabanya ubushobozi bwo gufata ingingo vyihutirwa. Ishobora kandi kugutera gusinzira no kudashobora kumenya neza igikwiriye gukorwa.

Bika imiti wandikiwe na muganga mu buryo bubereye.

- Gumiza imiti yawe ahantu hugaye. Kora ibishoka vyose abana, umuryango n'abashitsi nitbayishikire. Utegerezwa kuba uzi aho imiti yawe ibitswe igihe cose. Gumiza uwo muti mu gacupa wawuhawe urimwo. Kora ibishoboka vyose izina ryuwo muti riboneke neza ku gacupa kawo. Kirazira gusangira no gutanga umuti wandikiwe na muganga wawe, yoba ari k'umuryango wawe canke abagenzi.

Usabwa guta umuti wasigaye(utagikeneye) mu mutekano.

- Ntute umuti wandikiwe na muganga muri wese canke harya ukarabira [muri lavabo]. Guta imiti muri wese canke kuyita aho ubonye hose bishobora kwonona/kugeramira amazi yo kunywa, ibinyabuzima, ibikoko vy'ibitungano n'abantu. Muri Vermont, ushobora kuzana imiti utakoresheje mu kibanza cagenewe gutamwo imiti.

Nimba wifuza kumenya vyinshi, ja kuri uru rubuga ngurukanabumenyi:

healthvermont.gov/DrugTakeBack



**VERMONT**

DEPARTMENT OF HEALTH
IGISATA C'AMAGARA

healthvermont.gov

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Your provider is prescribing an opioid drug to treat pain.

Anyone can get addicted to these powerful drugs.

Ask yourself: Do I really need this?

Talk with your doctor about risks, side effects and other ways to treat your pain.

If you decide to take this drug, here's what you need to know:

Using this drug may cause addiction.

- Opioid addiction is a lifelong problem. It can start with just one prescription.
- Children and youth have a higher risk of future addiction if they take opioids when they are young.

Take only what you need.

- You do not have to use all of your opioid prescription.

An overdose can happen to anyone.

- Don't take more medication than your provider prescribed.
- Taking too much or taking it with alcohol or other drugs can cause an overdose. You might stop breathing, go into a coma, have brain damage, or die.
- Tell your provider if you use alcohol or other medications or drugs. Tell your provider if you have used alcohol or drugs in the past.
- If you think you are at high risk of an overdose, talk to your provider about your options.

Do not drive or use heavy machinery.

- Opioids can slow your reaction time. They can also cause drowsiness and confuse your judgment.

Store prescriptions properly.

- Keep prescription drugs locked up. Make sure kids, family, and guests can't get to them. Know where your medication is at all times. Keep it in the original bottle. Make sure the label is clear. Never share or give away your prescription drug, even to family or friends.

Dispose of leftover medicine safely.

- Don't flush prescription drugs down the toilet or wash them down the sink. Flushing drugs or throwing them away can harm drinking water, wildlife, pets and people. In Vermont, you can drop off your unused medications at a permanent drug disposal site.

Go to this website for more information:
healthvermont.gov/DrugTakeBack

