

Takhtarkaaga waxa uu kuu qorayaa daawo xanuun baabi'iyee ah ee loo yaqaan opioid Si xanuunka ku haayo loo daaweeyo.

**Daawadan awooda badan qof walba waa uu qabatimi karaa.
Adiguba is weydii: Run ahaantii ma u baahanahay in aan qaato daawada?**

Kala hadal takhtarkaaga dhibaatooyinka ay keenayso, waxyeelada iyo habab kale oo xanuunkaaga lagu daweyn karo haddii uu jiro.
Haddii aad go'aansato in aad qaadato daawadan, Halkan ka aqriso waxyaabaha aad u baahantahay in aad ka ogaato:

Isticmaalka daawadan waxa ay sababi kartaa in aad qabsatid.

- Qabatinka daawada Opioid-ka waxay noqonaysaa dhibaato nololshaada inta ka dhiman. waxayna ku bilaabataa hal mar kalliya oo lagu qoro.
- Carruurta iyo dhalinyarada haddii ay ku isticmaalaan daawadan da' yar waxa ay halis weyn u yihiin in ay qabatimaan.

Qaado kaliya waxaad u baahantahay.

- Ma'ahan in aad isticmaasho dhamaan daawada opioid-ka ee lagu qoray.

Daawada oo la isticmaalo inka badan xadkii loogu talagalay waxay ku dhici kartaa qof walba.

- Ha qaadan daawo ka badan intii uu Takhtarka kuu qoray.
- Qaadashada daawo ka badan intii loogu talagalay ama aad qamri cabto markaa aad daawada qaadanayso ama daawooyin kale waxay sababaysaa in jirkaagu ka tan badato, naqaska kugu dhago, kooma aad gasho, waxyeelo ay gaarsiiso maskaxda ama aad dhimato.
- U sheeg Takhtarkaaga haddii aad isticmaasho qamri ama daawooyin kale, una sheeg Takhtarkaaga haddii hore aad u soo isticmaashay qamri ama daawooyin kale.
- Haddii aad isleedahay waxaa halis u tahay in ay kaa tan badato daawadan, kala hadal Takhtarkaaga fursadaha kale ee kuu furan.

Gaari ha wadin ama ha isticmaalin mashiin culus.

- Daawada Opioids waxaa hoos u dhigi kartaa waqtiga jawaab cellintaada, waxay kaloo sababi karaan lulmo, ama keeni kartaa wareer.

Daawada u keydi si sax ah.

- Ku keydi daawada meel xiran. hubi in aysan ogaan karin meesha ay taalo daawada mar walba carruurta, iyo martida, dhalidii lagaaga soo iibiyayn haku jirto mar walba, xaashidana haka fiiqin, qofna hala wadaagin ama ha bixin daawada, xitaa saaxiib ama qoyska haddii ay ku weydiiyaan

U daadi daawadii soo hartay si ammaan ah.

- Daawooyinka lagu soo qoro haku shubin suuliga oo biyo raacin ama waji dhaqa haku shubin. daawada oo suuliga la raaciyo waxay waxyeelo u geysan karaan biyaha, duur joogta, xawayaanka iyo dadka. Vermont gudaheeda waxaad geyn kartaa daawooyinka aadan isticmaali goobaha joogtada ah ee loogu talagalay in lagu qubo daawooyinka.

Booqo website-kan wixii macluumaad dheeraad ah:

healthvermont.gov/DrugTakeBack

SOMALI

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

