



# Istiraatiijiyadaha Yareynta Waxyellada

## Waa Maxay Yareynta Waxyellada?

Waxaa jira siyaabo badan oo lagu helo laguna noqdo qof caafimaadqaba haddii aad daroogo isticmaasho. Haddii aadan dooneyn in aad iska dhaafto, ama aadan hubin haddii aad dooneyso in aad iska dhaafto, hab-dhaqannada yareynta waxyellada ayaa ku caawin kara. Marka la yareynayo waxyellada waxa diiradda la saaro waa "isbeddel kasta oo wanaagsan" waxaadna go'aamin kartaa waxa ay taasi ka dhigan tahay.

## Kooxda Is-asaagsata ee Xanuunka Icticmaalka Maandooriyaha

Kooxda is-asaagsata ee Xanuunka Icticmaalka Maandooriyaha (SUD) ayaa kugu caawin kartaa in aad daaweyn hesho, ama waxay kugu caawin kartaa in aad sii wanaajiso caafimaadkaaga iyo tayada noloshada. Waxay sidoo kale waayo-aragnima u leeyihiin xanuunka isticmaalka maandooriyaha caadi ahaanna waa bogsasho. Kooxda Is-asaagsata ee SUD ayaa kugu caawinaya in aad sameyso isbeddelo wanaagsan. Ka hel Kooxda Is-asaagsata ee SUD Helaha MOUD adiga oo raacaya link-igan: [warecoveryhelpline.org/moud-locator/](https://www.warecoveryhelpline.org/moud-locator/)

## Barnaamijyada Adeegga Siringiga (SSPs)

Barnaamijyada ayaa gacan ka siin kara dadka isticmaala daroogada in ay caafimaadqabaan. SSPS ayaa bixiya siriingiyada iyo qalabka irbadda oo nadiif ah, ka takhalusidda siriingiga, naloxone, iyo helidda daryeel caafimaad. Barnaamijyadan ayaa inta badan leh baaritaannada cagaarshowga C iyo HIV oo bilaash ah. Ogow wax badan oo ku saabsan SSPs oo ka hel goob degaanka ku taalla [doh.wa.gov/SSPDirectory](https://doh.wa.gov/SSPDirectory).

Haddii aad isku durto daroogo waxaa jira istiraatiijiyadaha irbadda oo yareyn kara halista aad waxyellada ugu jirto. Waxaad wax ku saabsan ka akhriin kartaa halkan: [nextdistro.org/saferinjection](https://nextdistro.org/saferinjection)

## Daaweynta Cagaarshow C

Gobolka Washington, qof kastaa oo haysta Medicaid ayaa heli kara daaweynta cagaarshow C oo bilaash ah. Daaweynta cusub ayaa caadi ahaan laba bilood socda, ma laha waxyellada soo raacda ama waxay leeyihiin in yar, iyo shaqo — ku dhowaad qof kastaa oo la daaweeya ayaa ka bogsada!

Si aad u hesho caawimaadda helidda daaweynta booqo mareegtadan: [hepeducation.org/what-we-do/medical-case-management](https://hepeducation.org/what-we-do/medical-case-management)

## Ka-hortagga iyo Baaritaanka HIV

Si aad u hesho goobaha bixiya baaritaanka HIV waxaad ka raadin kartaa cinwaankan mareegtada: [bit.ly/HIV\\_testing](https://bit.ly/HIV_testing)

Waxaa jira daawooyin ka hortagga HIV ka hor ama ka-dib wajahidda suuragalka ah. Wax badan ka ogow mareegtada DOH: Ka-hortagga Wajahidda Hore (PrEP) [bit.ly/DOH\\_PrEP](https://bit.ly/DOH_PrEP) iyo PrEP Barnaamijka Caawimaadda Daroogada (PrEPDAP) [bit.ly/DOH\\_PrEPDAP](https://bit.ly/DOH_PrEPDAP)

Waxyaabaha ku jira waxaa laga soo qaatey oo lagu xirey Isbaheysiga Yareynta Waxyellada Qaranka, UW ADAI, [stopoverdose.org](https://stopoverdose.org), iyo Waaxda Caafimaadka WA

## Ma dooneysaa in aad iska dhaafto, iska yareyso, ama in aad isbeddel sameyso?

Waxaa jira ikhtiyaaro daaweyn iyo taageero oo laga heli karo Gobolka Washington.

Washington State  
Health Care Authority

HCA 82-0376 SM (12/21) Somali

## Hoos u dhig halista aad ugu jirto in aad u dhimato in badan qaadashada adiga oo wadanaya naloxone

- Dadka u sheeg halka aad dhigato ama gashato naloxone-ta
- Baro sida looga jawaabo in badan ka qaadashada opioid ka-dibna la wadaag tababarka in badan ka qaadashada saaxiibo
- **Tilmaamaha loogu talagalay adeegsiga naloxone** (qoraal) ama [bit.ly/Naloxone\\_Instructions](http://bit.ly/Naloxone_Instructions)
- **Tilmaamaha loogu talagalay adeegsiga naloxone** (fiidiyow) [vimeo.com/357020563](https://vimeo.com/357020563)
- **Naloxone ka hel meel kuu dhow** ama [bit.ly/Find\\_Naloxone](http://bit.ly/Find_Naloxone)

## Hoos u dhig halista aad ugu jirto in uu in badan ka qaadata adiga oo tijaabinaya kuuradaada oo aadanna adeegsaneyn keligaaga

Haddii aad isticmaasho kiniiniyada ama daawooyinka kale ee laga heli wadooyinka, internet-ka, ama saaxiib, waa in aad ka soo qaadaa in ay ku jirto fentanyl. Fentanyl ayaa 50-100x ka xoog badan heroin. In badan ka qaadashada fentanyl ayaa noqon karta mid degeq ah. Haddii aad isticmaasho wax daawo ah, u deji xaalado ammaan ah marka ay suurtoagal tahay.

### Meel hoose ka bilow oo tartiib u soco:

- Isticmaal qaddar yar ama in tijaabo ah. Haddii aad isticmaaleysa in ka badan hal daawo, waqtigiiba hal daawo isticmaal ama waxyar ka isticmaal daawo kasta.

### Isticmaal nidaamka saaxiibka:

- Haddii aad awoodo, ka fagow in aad daawooyinka keligaaga isticmaasho oo hubso in qof kuu dhow uu hayo naloxone.
- Waa in uu kala joogaa qof aad saaxiibo tihiiin ama qof kale oo aad ku kalsoon tahay (tijaabi, wac, ama agtiisa imaw)
- Ku isticmaal meel ay u badan tahay in uu qof kugu arko haddii aad caawimaad u baahan tahay
- Waqti ku buuxso saacad ama qalab qayliya oo ay dadka kale maqli karaan waanna ka soo jawaabi doonnaa haddii aad in badan ka qaadata
- Isticmaal adeegga qarsoodiga ah sida [neverusealone.com](http://neverusealone.com), adiga oo wacaya (800) 484-3732, ama the Brave app

## Daawooyinka Xanuunka Isticmaalka Opioid (MOUD)

Xanuunka isticmaalka opioid (OUD) waa xaalad caafimaad muddo-dheer soconeysa, oo la daaweyn karo. Daawooyinka loogu talagalay xanuunka isticmaalka opioid waa mid kuwo waxtar leh waxayna qayb ka yihiin bogsashada ee loogu talagalay dad badan. Waxaa jira saddex daawo oo loo ansaxiyay in lagu daaweeyo OUD. Eeg xagga hoose.

Daawooyinka lagu daaweeyo opioid ee la ansaxiyey		
Buprenorphine	Methadone	Naltrexone
<b>Sidee bay u shaqeysaa?</b>		
Waxay maareysaa astaamaha rabitaanka/jamashada iyo ka-noqoshada iyadoo ku xiriirinaysa dareemeyaasha opioid.	Waxay maareysaa astaamaha rabitaanka/jamashada iyo ka-noqoshada iyadoo ku xiriirinaysa dareemeyaasha opioid.	Xannibaha opioid, ma dareemaysid saameynta opioids-ka. Maareysa rabitaanka ama jamashada dadka qaar
<b>Miyay yareynaysaa waxyeellada ama hoos u dhigeysaa halista aan ugu jiro dhimasho?</b> Lagu saleeyay cilmi-baaris raad-raacdey natiijooyinka caalamka dhabta ah		
Waxay yareynaysaa halista dhimashada ku dhowaad 50%	Waxay yareynaysaa halista dhimashada ku dhowaad 50%	Lama muujin in ay hoos u dhigeysa halista dhimashada
<b>Intee in le'eg ayay soconeysaa oo sidee ayaan u qaataa?</b>		
Waxay soconeysaa ku dhowaad 24 saacadood, caadi ahaan waxaa laga qaataa afka (gelinta/ku tallaalidda jirka ama ku duridda jirka ayaa suuragal ah)	Waxay ku jireysaa ku dhowaad 24 saac, laga qaato afka	Irbadda waxay jireysaa ku dhowaad 28 maalmood. Ma qaadan karta wax opioids ah muddo 7-10 maalmood ah ka hor inta aan la bilaabin
<b>Halkeen ka heli karaa, oo waa maxay hannaanka loo maro?</b>		
Daryeelka aasaasiga ah, xafiis caafimaad, barnaamij bulsho, iyo OTPs-yada qaar  Caqabad hooseysa, ikhtiyaarrada bilowga isla-maalintaasi ayaa la heli karaa. Booqashooyinku waxay ku kala duwan yihiin maalin kasta ilaa bil kasta waxayna u baahan karaan ballamo qorsheysan iyadoo ku xiran hadba meesha aad tagto.	Keliya lagu bixiyo barnaamijyada daaweynta opioid (OTPs)  Barnaamij si heersare ah loo qaabeeyay, waxaad u baahan kartaa in aad bilowd in aad tagto bukaaneegtada maalmo badan toddobaad kasta, laakiinse soo noqnoqoshada ayaa yaraan karta waqti ka dib	Waxaa qorey oo bixiyey bixiye adeeg caafimaad iyo OTPs-yada qaar  Booqashooyinka way ku kala duwan yihiin toddobaadle ilaa bishiiba
<b>Miyaan u baahan doonnaa la-talin ama baaritaanka daroogada/daawada?</b>		
Adeeg-bixiyeyaasha intooda badan waxay u baahan yihiin baaritanka daroogada ee laga baaro kaadida, qaar ayaa u baahan la-talin.	U baahan baaritaanka daroogada laga baaro kadida oo joogto ah iyo la-talin	Adeeg-bixiyeyaasha qaarkood waxay u baahan yihiin baaritanka daroogada ee laga baaro kaadida iyo la-talin.

(Laga soo qaatey UW ADAI) Si aad wax badan uga oggaato daawooyinkan, booqo: [learnabouttreatment.org/Ka](http://learnabouttreatment.org/Ka)

hel daawooyinka kuu dhow mareegtadan: [warecoveryhelpline.org/moud-locator/](http://warecoveryhelpline.org/moud-locator/) ama wac 1-866-789-1511.