



# Efeingawen kukunanon Okot

## Met wewen Ekukunano Pekun Feiengaw?

Mi chomong anen omw kopwe pochokun nge kemi angei ekewe safei mi ngaw. Ika kese mwo mochen wes seni, ika kese mwo sinei ika ka mochen kopwene wes seni, harm reduction pekin kaeo a tongeni anisuk. Non ewe harm reduction ewe ekouchan a nomw "ekewe eochun ekesiwin" me kopwe finata met a wewen ngonuk.

## Semwenin non mokur seni ekewe aramas unukum

Substance Use Disorder (Semwenin non Mokur seni ekewe metoch mi ngaw, SUD) peers a tongeni anisuk omw kopwe kuna ekewe aninisin safei, ika anisuk omw kopwe pochokun me manawetam, Ra pwan sinei ika fis ngenir ekoch metoch usun substance use disorder me napengeni remi chikar. SUD Peers repwe anisuk ren ekewe eochun ekesiwin epwe fis. Locate SUD Peers won ewe MOUD a minano ian seni omw mina ei link: [warecoveryhelpline.org/moud-locator/](http://warecoveryhelpline.org/moud-locator/)

## Syringe Service Programs (Prokramin Aninisin Syringe, SSPs)

Ekewe prokran ra tongeni anisi ekewe aramas ra mochen aa ekewe safei mi ngaw nge repwe chok pochokun. SSPs a awora ekewe nimochun syringes me pisekin opwos, syringe sa tongeni poutano, naloxone, me mecheres ngeni pekin healthcare. Ekei prokran ra napengeni kawor nge rese kamo omw kopwe chekin HIV me hepatitis C. Katon usun pwan ekoch usun SSPs me kuta ewe local site ren [doh.wa.gov/SSPDirectory](http://doh.wa.gov/SSPDirectory).

Ika ka opwosonong ekewe safei mi ngaw mi wor ekoch anen omw kopwe opwosuk an epwe ekukunano esap wor feiengawan. Ka tongeni kopwe aneani usun ir me ikei: [nextdistro.org/saferinjection](http://nextdistro.org/saferinjection)

## Safein Hepatitis C

Non Washington State, meinisn ekewe a wor nour Medicaid ra tongeni angei ewe safein hepatitis C nge esap pwan kamo. Minafon safei akan tori ruu maram mangan, esap wor ika epwe chok kukun met epwe fis ngonuk, me angang—napengeni meinisn ekewe ra safei iwe ra chikar!

Omw kopwe angei ekei pekin safei tota won ewe website: [hepeducation.org/what-we-do/medical-case-management](http://hepeducation.org/what-we-do/medical-case-management)

## HIV Tes me Oukano

Ren ekewe neni ra awora tesin HIV testing ka tongeni katon won ei web address: [bit.ly/HIV\\_testing](http://bit.ly/HIV_testing)

Mi wor ekewe safei ra tongeni anisuk an esap epeti HIV memwen ika murin an epwe tongeni toruk. Kaeo usun pwan ekoch won ewe DOH website ren: Pre-Exposure Prophylaxis (Me mwen epwe uruk prophylaxis. PrEP) [bit.ly/DOH\\_PrEP](http://bit.ly/DOH_PrEP) and PrEP Drug Assistance Program (Prokramin Mwen Aninisin Ekewe Safei mi Ngaw, PrEPDAP) [bit.ly/DOH\\_PrEPDAP](http://bit.ly/DOH_PrEPDAP)

Content adapted me linked seni ewe National Harm Reduction Coalition (Unusen Ekukunanon Efeingawen Echiechi Fengen), UW ADAI, [stopoverdose.org](http://stopoverdose.org), me WA Department of Health (Nenien tumunun pochokun)

## Ka mochen wes seni, ekukunano, ika fori ekoch ekesiwin?

Mi wor ekoch pekin safei me aninis a kawor non Washington State.

Washington State Health Care Authority

HCA 82-0376 TR (12/21) Trukese

## Ekukunano omw kosap feiengawen mano seni nunon omw angei safei mi ngaw ika seni omw uwei naloxone

- Ereni aramas ian ka onomwu ewe naloxone
- Kaeo met kopwe fori ika akan nuno an emon uun safein opioid me pwar ngeni chiechiom ewe pekin kaeo ren an emon akan nuno unuman safei mi ngaw
- Emwen ren aan naloxone** (maketiwi) ika [bit.ly/Naloxone\\_Instructions](https://bit.ly/Naloxone_Instructions)
- Emwen ren aan naloxone** (fitio) [vimeo.com/357020563](https://vimeo.com/357020563)
- Kuta naloxone mi kan ngonuk** or [bit.ly/Find\\_Naloxone](https://bit.ly/Find_Naloxone)

## Ekukunano an esaap nuno an emon un ekewe safei mi ngaw seni cheki unumom ewe safei me kosap aa akanamon.

Ika pwe ka un ekewe safei ika ekoch safei mi ngaw seni ekoch neni, ewe internet, ika seni chiechom, kopwe chok ekieki pwe epwe wor fentanyl nor. Fentanyl aa 50-100x pochokun seni heroin. An emon nuno unuman safein fentanyl epwe chok mwitir. Ika pwe ka un ekoch safei mi ngaw, kopwe ekieki ifa usun omw kopwe tumun.

### Poputa me fan me amanga:

- Aa epwe chok kukun koukun ika ewe minen chek. Ika pwe ka angei ekewe safei mi ngaw epwe nap seni ew, kopwe angei ew fan ew ika angei kukun seni ew me ew ekewe safei mi ngaw.

### Aa ewe buddy system:

- Ika kemi tongeni, kosap angei ekewe safei mi ngaw omw akanamon chok me kopwe tumunu pwe epwe wor emon unukum mi wor ren naloxone.
- Epwe wor chiechiom ika emon newe ka kan nuku pwe epwe tongeni chekuk (tes, koko ika eketo)
- Angei non ewe neni ian epwe mecheres an emon epwe kuunok ika pwe ka mochen aninis.
- Mina noum ewe alarm ika kunok pwe ekoch aramas repwe rongorong ika repwe anisuk ika ka feiengaw ika akan nuno unumom ewe safei mi ngaw.
- Nounou ewe nampa esap wor chon sinei [neverusealone.com](https://neverusealone.com), seni omw kori (800) 484-3732, ika ewe Brave app

## Medications for Opioid Use Disorder (Safeien Semwenin Opioids, MOUD)

Opioid use disorder (Semwenin aan Opioids, OUD) mi wor safean, fansoun nakatamen an safei. Medications for opioid use disorder remi tongeni men me ew pekin chikar ngeni chomong aramas. Mi wor unungat pekin safei a ketiw pwe epwe safeieni OUD. katon fan.

Ekewe safei ra ketiw pwe epwe anisi opioid		
Buprenorphine	Methadone	Naltrexone
<b>Ifa usun an epwe tongeni men?</b>		
Katoneoch nupwen fansoun ka monuti me omw kosap mochen kopwe angei ewe opioid	Katoneoch nupwen fansoun ka monuti me omw kosap mochen kopwe angei ewe opioid	Ewe epetin opioid, kose tongeni mefi minen ewe opioids. Katoneoch an aramas monuti ekoch metoch
<b>Met mi ekukunano efeiengaw me ekukunano ai usap ma? Seni ai katon metoch me katonfichi pungunon won ei fonufan</b>		
Ekukunano efeiengawen mano seni ukukun 50%	Ekukunano efeiengawen mano seni ukukun 50%	Ese mwo pwano pwe a ekukunano efeiengawen mano
<b>Ifa tamen an epwe nomw me ifa usun ai upwe angei?</b>		
Mi tongeni tori 24 awa, ekan napengeni an emon epwe angei non maram (ewe rekan minanong non inisich ika ewe rekan opwosanong ika mi tufich)	Mi tongeni tori about 24 awa, omw angei ren omw oromi	Opwosanong ren ukukun 28 ran. Kese tongeni angei meni chok ekewe opioids non 7-10 ran me mwen epwe poputa
<b>Ian upwe angei me ian, me a ifa tikin?</b>		
Chon tumun, ofesin safei, prokram ren ewe neni, me pwan ekoch OTPs  kukunun epet, ewe chok pwan ran epwene poputa ekewe a finata nge mi wor. Pekin chuta mi sisiwin seni iteiten ran ngeni maram me epwe pwan wor an emon epwe mina an fansoun chuta anongonong won ian ka no ian.	Prokramin aninisin safei ren opioid treatment programs (ekewe remi uwesin opioids, OTPs)  Ekewe prokram mi fokun teteneoch. mi auchea kopwe poputa ne no ngeni clinic chomong ran non ew wiik, nge fansoun chuta epwe kukununo non fansoun me fansoun.	Toropwen safei seni tokter me a eto seni ewe chon wau safei me ekoch OTPs  Pekin chuta mi sisiwin seni iteiten wiik ngeni iteiten maram
<b>Epwe pwan auchea ai upwe no counseling ika chekin drug?</b>		
Napengeni ekewe chon awora rekan mochen epwe wor chekin drug seni chuchu, ekoch ra mochen couesling.	Ra mochen chekin drug seni chuchu me counseling	Ekoch ekewe chon awora ra mochen chekin drug seni chuchu me counseling

(Eto seni UW ADA) omw kopwe sinei usun ekei pekin safei, tota: [learnabouttreatment.org/](https://learnabouttreatment.org/)

Kuta ekewe nenien safei mi kan ngonuk won ei website: [warecoveryhelpline.org/moud-locator/](https://warecoveryhelpline.org/moud-locator/) ika kokori 1-866-789-1511.