

Xaaladaha & Kahortaga Khatarta Tandhaafinta

Mukhaadaraadka obiyoodh waxaa kamid ah mukhaaraadka culus ee fentanyl iyo horowiin iyo sidoo kale dawooyinka ay qoraan dhakhaatiirtu ee xanuunnada lagu daweeyo sida morphine, codeine, methadone, oxycodone (Oxycontin, Percodan, Percocet), hydrocodone (Vicodin, Lortab, Norco), fentanyl (Duragesic, Fentora), hydromorphone (Dilaudid, Exalgo), iyo buprenorphine (Subutex, Suboxone). Kuwa soo socdaa waa xaaladaha khatarta qaar leeyahiin ee tandhaafka obiyoodhka iyo sidoo kale khidadaha kahortaga:

Iskudaridda Mukhaadaraadka

Tandhaaf badan waxa uu dhacaa marka ay dadku isku daraan harawiinka ama oobiyoohka la qoro iyo khamri iyo/ama benzodiazepines. Khamrida iyo benzodiazepines (Xanax, Klonopin, Ativan iyo Valium) ayaa si gaar ah u khatar ah maadaama, sida obiyoodhka oo kale ay waxyaabahani saameeyaan awoodda qofka ee neefsiga. Iska ilaali in obiyoodhka lagu daro mukhaadaraadka kale ama khamriga. Hadii uu dhakhtar kuu qoray obiyoodh iyo benzodiazepine, waxa aad u qaadataa sida laguugu qoray.

U adkaysiga

U adkaysigu waa awoodda uu jidhkaagu ku burburin karo mukhaadaraadka. U adkaysigu wuu is badalaa mudo kadib, markaa waxaad u baahan karaa mukhaadaraad dheeraad ah si aad u dareento daroogada. U adkaysigu waxa uu hoos u dhacaa marka uu qofku mudo uu joojiyo isticmaalka oobiyoohka. Marka uu qofku uusan lahayn u adkaysigii hore ee uu mar kale qaato oobiyoohka, waxa ay khatar ugu jiraan tandhaafid, xataa hadii uu qofku qaato xaddi aan markii hore waxba yeeli jirin. Hadii aad isticmaasho oobiyoohd, mudo marka aad joojisay, waxa aad ka bilawdaa halka ugu hooseeya.

Caafimaadka Jidhka

Caafimaadka jidhkaagu waxa uu saameeyaa awoodda jidhkaagu uu ku maareynayo oobiyoohka. Maadaama uu oobiyoohdhu saameeyo awooddaada neefsiga, hadii aad qabto neef ama mushkilad kale oo neefsi ah waxa aad khatar ugu jirtaa tandhaafid. Shakhsiyaadka qaba xanuunnada beerka (jooniska), kalyaha, iyo dadka qaba HIV ayaa sidoo kale khatar badan ugu jira inay tandhaafaan.

Tandhaafka Hore

Qofka ay hore ugu dhacday tandhaafid aan nafta khatar ku ahayni waxuu ku sugan yahay khatar badan oo ah inuu tandhaafid nafta khatar ku ah yeelan doono mustaqbalka. Si aad uga hortagto tandhaafid khatar ah, waxa aad bartaa goyskaaga iyo asxaabta sida ay ku garanayaan oo ay uga jawaabayaan tandhaafid.

Sideen ku garanayaa hadii uu qof tandhaafay?

Hadii uu qof qaato oobiyoohd ka badan inta jidhkiisu qaadi karo, wuu suuxi karaa, waxa uu joojinayaa neefsiga oo wuu dhiman karaa. Tandhaafidda oobiyoohdhu waxay ku timaadaa daqiiqado ama saacado.

Qofka ay ku dhacdo tandhaafiddu waxa uu muujin karaa astaamaha soo socda:

- Neefsi yar (wax ka badan 1 neefsi 5 ilbidhiqsiba) ama aan neefsanaynin.
- Hunqaaco.
- Wajiga oo cadaada oo dhidida.
- Bishimaha, cidiyaha faraha ama suulasha oo buluug noqda.
- Garaaca wadnaha oo yaraada, aan caadi ahayn, ama aan garaacayninba.
- Cod khuuro ama dhawaaq inta uu qofku hurdo ama marka uu iska jiifo.
- Qofka oo marka lagu qayliyo magaciisa ama marka faraha looga xoqo xabadka aan jawaabaynin .

Tandhaafiddu waa XAALAD CAAFIMAAD OO DEGDEG AH!
Wac 9-1-1 isla markaba



STATE OF OHIO
BOARD OF PHARMACY

www.pharmacy.ohio.gov

Tilmaamaha Lagu Garto iyo Ka Jawaabida Tandhaafka



HAGAHA BUKAANSO-CODKA IYO DARYEELAYAASHA

Gudiga Gobolka Ohio ee Dawooyinka

Steven W. Schierholt
Maareeyaha Guud

Waa maxay naloxone?

Naloxone (Narcan) waa daawo dhakhtarku

qoro taasoo baabi'in karta cilladda iska badinta daawada opioid ka. Marka qofku isticmaalaayo xiliga uu iska badiyo daawada, naloxone ayaa xanibaysa saamaynada opioid ku leedahay maskaxda waxayna soo celinaysaa neefsiga qofka. Waxaa cirbad ahaan looga qaadan karaa muruqa ama waxaa lagu buufin karaa sanko.

Naloxone malahan cillad haddii la iska badiyo. Haddii la siiyo qof aan iska badin opioid, malahan wax dhibaato ah. Haddii Naloxone la siiyo qof iska badiyey opioid, waxay ku keeni doontaa astaamaha dhakhso u joojinta. Naloxone ma bi'iso cilladaha iska badinta daawada ee ay keento daawo aan ahayn opioid.

MUHIIM: Naloxone waa in la gashaa meel leh heerkulka caadiga ah ee qolka lagana fogeeyaa iftiinka. Naloxone ayaa baraf noqon karta marka la dhigo heerkul qaboow. Haddii sidaan dhacdo, daawada ayaa laga yaabaa inaysan u shaqayn sidii la rabay.

Mesha aad ka Helayso Caawimaad



Laynka Gudbinta ee Ohio Department of Mental Health and Addiction Services Treatment (8am-6pm Is-ji)
1-877-275-6364

RecoveryOhio - Sida Caawimaad Ioo Helo
www.pharmacy.ohio.gov/GetHelp

Aalada Raadisa Daawaynta Istickmaalka Maandooriyaha iyo Maamulka Adeegyada Caafimaadka Dhimirka
<https://findtreatment.gov/>

Sida looga jawaabo daawada la iska badiyay

1. Iskuday inaad qofka kiciso adoo ku qaylinaaya magaciisa fanaxaagana ka marmarinaaya naasaha dhexdooda.
2. Wac 9-1-1. Sheeg in qofku joojiyay neefsiga ama uu dhib ku qabo neefsiga.
3. Xaqiiji inan waxbo afka uga jirin qofka kaasoo xanibi kara neeftiisa. Haddii neefsigu joogsado ama hoos u dhaco, sii neef badbaadin.

4. Sii Neef Badbaadin ah

Talaabada 1: Jeego u dhig madaxiisa, oo kor u qaad karkiisa, isku qabo duleelada sankiisa.

Talaabada 2: Sii 1 afuuf oo tartiib ah 5 sakinba mar. Ku afuuf hawo ku filan sanbabooyinkiisa si xabadkiisu kor ugu kaco.

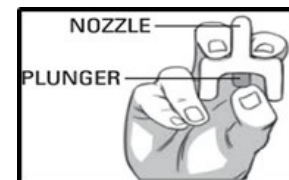
5. Adeegso naloxone oo sii wad afuufida badbaadinta ah adoo siinaaya hal afuuf 5 sakinba mar.
6. Haddii qofku bilaabo inuu iskiis u neefsado, gees u seexi si aad uga difaacdo inuusan margan haduu matago. Sii wad inaad isha ku hayso neeftiisa aadna samayso neef badbaadin ah haddii neefsigiisu ka hoos maro 10 neefsi daqiiqadiiba. Haddii matag yimaado, si caadi ah u tirtir afkiisa iyo sankiisa
7. Haddii aan qofku ka jawaabin marka aad kiciso, taabato qama u dhawaaqdo, ama uu bilaabi waayo inuu iskiis u neefsado 2-3 daqiiqo gudahood, kuuro kale oo naloxone waa in la siiyaa.
8. La joog qofka ilaa gurmada degdega ah (EMS) kaaga yimaado.

***Fadlan ogoow in ay jiraan qaacidooyin kale oo loo isticmaalo naloxone. Sharciga Ohio ayaa qasab ka dhigaaya in bukaanka la baro qaacidada isticmaalka naloxone loo isticmaalaayo. Farmashiileyaashu waa inay agabka tababarka siiyaan dadka haddii qaacidada isticmaalka naloxone uusan ku qornayn buuga xogta.**

Sida loo isticmaalo naloxone*:

Daawada Sanka lagu buufiyo ee NARCAN™ (4MG) iyo Kloxxado™ (8MG)

1. Ka fur sajalka si aad u furto daawada sanka.
2. Ku qabo aalada adoo suulka kaga qabanaaya salka dhalada kadibna fartaada hore iyo faraha dhexe ku qabanaaya midkood labada gees ee dhalada. Ha saarin wax cadaadis ah ilaa inaad diyaar u tahay maahee buufinta kuuradaada.



3. Gadaal u janjeeri madaxa qofka oo hoosta qoortiisa ka geli gacantaada. Si tartiib ah u geli caarada daawada mid kamid ah duleelada sanka ilaa farahaaga saaran labada dhinaca ee afka daawadu midkood ay ka soo hor jeedaan salka sanka qofka.
4. Riix balaagarka daawada si fiican si aad u buufiso kuurada loogu talagalay ee daawada. Ka saar aalada duleelka sanka kadib marka aad buufiso kuuradii la rabay.
5. Haddii uusan qofku jawaabin kadib 2 ilaa 3 daqiiqo, sii kuuro dheeraad ah oo aad ka siinayso duleelka sanka ee kale.

Si aad u hesho nuqulka tilmaamaha shirkada dawada soosaartay booqo:
www.pharmacy.ohio.gov/NARnasal (NARCAN)
www.pharmacy.ohio.gov/KLOnasal (Kloxxado)

Cirbada ZIMHI™ (Naloxone HCI)

1. Ku mud cirbada bawdada kadib marka aad daboolka ka qaaday cirbada.
2. Riix balaagarka ilaa ay dhag tiraahdo kadibna xaji 2 sakin kadib intaadan ka bixin cirbada. Kuurada saxda ah ayaad qaadatay haddii balaagarka daawada lagu riixay dhammaanteed ayna meesha daawadu faaruq noqoto. Waa wax caadi ah inta badan daawada inay ku harto salingaha kadib marka kuurada qofka lagu duro.
3. Hoos u riix badhanka badqabka adoo isticmaalaya hal gacan iyadoo faruhuna ka dambeeyaan cirbadda. Sidaan samee isla marka aad daawada ku durtay.
4. Saar salingaha la isticmaalay boqshada buluuga ah kadibna xir. Haddii uusan qofku jawaabin kadib 2 ilaa 3 daqiiqo, sii kuuro kale adoo adeegsanaaya aalad cusub.

Si aad u hesho nuqulka tilmaamaha shirkada daawada samaysay booqo: www.pharmacy.ohio.gov/ZIMinject