Warqadda/iimaylka ku socota ardayda iyo qoysaska

**PER ORS 339.869 iyo OAR 581-021-0037, degmooyinka dugsiyadu waa inay siiyaan macluumaadka la xiriira xannibayaasha opioid (opioid antagonists (naloxone)) waalidka ama masuulka arday kasta oo yar. Macluumaadka la bixiyay waa in ugu yaraan ay ku jiraan:**

1. **Sharraxaad ku saabsan saamaynta kooban ee leh xannibayaasha opioid iyo ujeedadooda;**
2. **Bayaan ku saabsan, xaalad degdeg ah, khataraha siinta shakhsiga ee leh xannibayaasha opioid lehsaamayn dhaksi ah iyo khatarta ah in aan la siin shakhsiga xannibayaasha opioid ee leh saamayn shakhsi ah;**
3. **Warbixin tilmaamaysa dugsiyada degmada, haddii ay jiraan, inay qaadan doonaan xannibayaasha opioid ee leh samayn kooban, iyo sahayda caafimaad ee lagama maarmaanka ah si ay u siiyaan xannibayaasha opioid ee leh saamaynta dhakhsida ah, isla goobta lagu bixiyo oo la heli karo xaalad degdeg ah; iyo**
4. **Bayaanka in wakiilka degmadu uu siin karo ardayga xannibayaasha opioid ee leh saamaynta dhakhsida ah markay jirto xaalad degdeg ah haddii ardaygu u muuqdo mid miyir daboolan oo uu qaatay qiyaas xad-dhaaf ah oo opioid ah.**

**Degmooyinku waxay isticmaali karaan warqaddan/iimaylkan si ay u buuxiyaan shuruudahan oo ay gacan uga geystaan ​​dhisidda wacyiga ku saabsan khatarta isticmaalka opioid iyo helitaanka naloxone ee dugsiyada.**

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**Mawduuca la soojeediyay:** Muhiim ah: Waxay Waalidiintu u Baahan Yihiin Inay Ka Ogaadan ka Bad-qabidda Naloxone iyo Opioid

Ardayda & Qoysaska Qaaliga Ahow,

Dugsigayagu waxa uu udub dhexaad u yahay shaqada aanu u qabanayno fayoqabka ardayda. Waxaan kuugu soo qoreynaa inaan kula wadaagno walaacyada ku saabsan fentanyl iyo dawooyinka opioid. Maandooriyayaashani waxay waxyeeleeyaan dadka bulshadeena. Waxaan rajeyneynaa in macluumaadkani uu ka caawin doono ilaalinta ardayda. Warqadani waxaa ku qoran macluumaad muhiim ah oo ay ku jirto hagitaan lagaga jawaabayo qiyaasta xad dhaafka ah, iyo isku xirka ilaha.

**Isticmaalka maandooriyaha ee da'yarta** waa ay sii yaraanaysay muddo kadib. Haddana, xogtu waxay muujineysaa in ay kordheen qiyaasta xad dhaafka ah, taasoo ay ugu wacan tahay fentanyl-ka sharci darrada ah ee laga helo suuqa maandooriyaha (NIDA, 2023). Waa muhiim in ardayda iyo dhalinyarada wax laga baro khataraha isticmaalka maandooriyaha, oo ay ku jiraan suuragalnimada u adeegsiga fentanyl kaniiniyada sharci darrada ah iyo maandooriyaha kale. Waxa kale oo muhiim ah in kor loo qaado wacyiga ku saabsan opioid antagonists-ka (sida naloxone).

**Waa maxay opioid?** Opioids waxay ka yimaadaan geedka opium poppy waxaana ka mid ah daawooyinka sida morphine, oxycodone, dilaudid, heroin, iyo fentanyl. Waxay isku dhejiyaan dareen qaadayaasha si ay u xakameeyaan xanuunka una kordhiyaan raaxada. Qaadashada xad dhaafka ah waa khatar caadi ah oo la xiriirta opioids waxayna noqon kartaa mid kas ama kama' ah. Fentanyl waa opioid awood leh: qiyaas yar oo la eg dhowr quruurax ciid ah ayaa dili karta qofka.

**Maxay dadku u isticmaalaan opioids?** Opioids waxaa loo qori karaa dawo xanuun baabi’iyo ahaan ah. Dhallinyarada qaarkood waxay isku dayaan mukhaadaraadka sababtoo ah way jecel yihiin. Dadka qaarkood waxay isticmaalaan maandooriye si ay uga fogaadaan inay dareemaan shucuur adag. Opioids waa qabatimo.

**Waa maxay opioid antagonist?** Opioid antagonists (naloxone waa kan ugu caansan ee Opioid antagonists) waa daawooyin laga qaadan karo sanka lagu buufiyo ama lagu duro si dhakhso loogu soo celiyo neefsashada caadiga ah qofka neefsashadiisu hoos u dhacday ama joogsatay sababtoo ah xad dhaafka fentanyl, warqad dhakhtar opioids ama heroin**.** Bilawga Naloxone wuxuu ku dhacaa 2-3 daqiiqo gudahood wuxuuna socon karaa 30-90 daqiiqo. Mararka qaarkood qiyaasta labaad ee naloxone waa lagama maarmaan haddii calaamadaha xad-dhaafka ah ay soo noqdaan. Naloxone waxaa laga yaabaa in la maamulo xaaladaha degdegga ah ee xad-dhaafka ah waxayna u beddeshaa qofka daawada qaadanaya.

**Maxaad samayn kartaa?** Fadlan kala hadal halista fentanyl iyo helidda opioid agonists ardaydaada iyo kuwa kale ee aad danayso. Tixgeli in naloxone yaallo gurigaaga si loo bixiyo falcelinta ugu dhakhsaha badan hadday dhacdo xaalad caafimaad oo degdeg ah. Waxaad wax badan ka baran kartaa sida loo helo naloxone iyo sida loo isticmaalo halkan: [Daawooyinka Dib u sixidda Qiyaasta Xad-dhaafka ah ee Opioid](https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SUBSTANCEUSE/OPIOIDS/Pages/ReverseOverdose.aspx).

**Maxay degmo dugsiyedkaagu ka qabanaynaysaa?** (Geli Magaca Degmada) waxay bixisaa waxbarasho dhamaystiran oo maandooriye iyo aalkolo ah oo la jaan-qaadayso [Heerarka Waxbarashada Caafimaadka Oregon 2023.](https://www.oregon.gov/ode/educator-resources/standards/health/Documents/Health%20Standards%20Adopted%2010.19.23.pdf) Intaa waxaa dheer, waxaan si qoto dheer u danaynaynaa caafimaadka iyo badbaadada arday kasta oo ku nool dugsigayaga.

* Iyadoo la raacayo siyaasadda degmada dugsiga, dhammaan dugsiyadu waxay kaydin doonaan naloxone iyo sahayda caafimaad ee lagama maarmaanka ah. Shaqaaluhu waxay siin karaan naloxone qof kasta oo looga shakiyo inuu qaatay qiyaas xad-dhaaf ah ee opioid ah. Mar kasta oo naloxone la bixiyo shaqaalaha dugsiga ayaa wici doonaan 911 oo ogaysiin doona waalidka ama masuulka ardayga.
* Iyadoo la raacayo siyaasadda degmada dugsiga, dugsiyada qaarkood waxay kaydin doonaan naloxone iyo sahayda caafimaad ee lagama maarmaanka ah ee dugsiyada soo socda: (liiska dugsiyada). Shaqaaluhu waxay siin karaan naloxone qof kasta oo looga shakiyo inuu qaatay qiyaas xad-dhaaf ah ee opioid ah. Mar kasta oo naloxone la bixiyo shaqaalaha dugsiga ayaa wici doona 911 oo ogaysiin doona waalidka ama masuulka ardayga.
* Ma jiraan dugsiyo kaydin doona naloxone. Shaqaalaha dugsigu waxay la xiriiri doonaan 911 oo waxay ogaysiin doonaan waalidka ama mas'uulka ardayga haddii ardaygu ku jiro xaalad caafimaad oo degdeg ah.

Waxaan ognahay in wadahadaladani ay noqon karaan kuwo adag. Qofka ugu wanaagsan ee lala xiriiri karo haddii aad su'aalo qabto waa: \_(Geli Xiriirka Dugsiga).

Salaan Diiran,

(Geli Maamulaha/Maamulaha Dugsiga/Maamulaha Adeegyada Caafimaadka Dugsiga)

**Waa kuwan macluumaadka la wadaagayo ardayda iyo qoysaska:**

|  |  |  |
| --- | --- | --- |
|  | **Kaniiniga asxaabta, iyo kaniiniyada aad ka soo iibsato onlayn ama baraha bulshada, ammaan ma aha.** | * Haddii kaniini ka yimaado qof aan ahayn dhakhtar ama farmashiistaha, ha qaadan. Waxay noqon kartaa kaniin been abuur ah.
* Kiniinnada been abuurka ah lama xakameeyo. Kaniini kastaa wuxuu yeelan karaa qaddar ka duwan oo maandooriye ah. Kaniini kasta oo been abuur ah waa khatar.
 |
|  | **Kaniiniyada uu dhakhtarku u qoro hal qof waa in uu isticmaalo qofkaas oo kaliya, sida lagu faray.** | * Ha qaadan kaniiniyo loo qoray qof kale ama aad ka heshay saaxiibo ama ilo kale.
* Jir kastaa wuu ka duwan yahay. Kiniin badbaado u ah hal qof ayaa waxyeeleyn kara qof kale.
* Kaniini kastaa wuxuu noqon karaa khatar haddii si khaldan loo qaato, sida inaad iska badiso ama marar badan qaadato.
 |
|  | **Kaniiniyada been abuurka ah waxay u ekaan karaan sida kiniinka dhabta ah.** | * Kiniinka fentanyl-ka leh ee been abuurka ah wuxuu noqon karaa midab kasta. Badanaa waa kaniiniyo midab buluug ah, cagaar ah ama midab leh.
* Kiniinnada been abuurka ah qaarkood waxay leeyihiin calaamado u eg kaniiniyada dhabta ah. Qaar ayaa lagu calaamadeeyay “M30,” “K9,” “215,” ama “V48.” Kiniinnada been abuurka ah waxaa laga yaabaa inay leeyihiin calaamado kale ama calaamado la'aan.
 |
|  | **Dugsiyada iyo qoysasku waxay rabaan inay caawiyaan.** | * Way fiican tahay inaad caawimo waydiisato.
* Ardeyda noo sheegta inay isticmaalayaan maandooriye, ama caawimo weydiisanaya, lama ciqaabi doono.
* Ardaydu way la hadli karaan (Geli shaqaalaha: lataliyaha dugsiga, adeegaha bulshada dugsiga, kalkaalisada dugsiga, maamulaha, shaqaalaha SBHC), ama qof kale oo weyn oo la aamini karo.
* Haddii ardaygu dareemo ammaan-darro ama uu yaqaan qof dareemaya ammaan-darro ama uu niyad-jabsan yahay, wuu soo wici karaan, qoraal soo diri karaan ama la sheekaysan karaan [988](https://988lifeline.org/)oo si bilaash ah ula hadli karaan la taliyaha arrimaha dhibaatada.
 |

**Halkan waxaa ah tallaabooyin aad qaadi doonto hadii aad ka aragto xad dhaaf gurigaaga ama bulshada:**

|  |  |
| --- | --- |
| **AQOONSI: Ogow calaamadaha qaadashada qiyaasta xad-dhaafka ah ee opioid:** * Tilmaan ardayda
* Qunyar, gacmeed, ama neefsasho la'aan
* Ku gurguurta ama khuurada
* Way adag tahay inuu tooso ama ma toosi karo
* Hurdo aad u daran
* Qabow, maqaar qallafsan
* Maqaar cawl ama buluug ah, cidiyaha faraha, ama dibnaha
 | **GURMAD SAMEE haddii la tuhunsan yahay qaadasahda qiyaasta xad-dhaafka ee opioid:**∉ Sii daawada dib u sixidda qaadashada qiyaasta xad dhaafka ah sida naloxone\* (haddii la heli karo) oo wac 911.∉ Isku day inuusan qofka seexan oo uu sii wado neefsashada.∉ Qofka dhinac-dhinac u seexi si aad uga hortagto in uu margado.∉ La joog qofka ilaa uu ka yimaado gargaarka degdega ah. |
| Waxaad wax badan ka baran kartaa sida loo helo naloxone (Narcan) iyo sida loo isticmaalo adigoo booqanaya bogga [Dib u sixidda qaadashada xad-dhaafka ah ee Opioid](https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SUBSTANCEUSE/OPIOIDS/Pages/ReverseOverdose.aspx) Maamulka Caafimaadka Oregon. |

**Waa kuwan qaar ka mid ah shabakadaha waxtarka leh:**

|  |
| --- |
| Taageerada ardayda iyo qoysaska* + - [Dhibaatooyinka Isticmaalka Maandooriyaha Da'yarta](https://www.oregon.gov/oha/HSD/BH-Child-Family/Pages/Youth-SUD.aspx) daaweynta iyo ka soo kabashada ilaha Maamulka Caafimaadka Oregon
		- [Shabakadda Taageerada Qoyska ee Oregon](https://ofsn.org/) waxay isku-xirtaa, awood siisaa, oo wax bartaa qoysaska iyo bulshadooda
		- [The New Drug Talk Oregon](https://www.thenewdrugtalk.org/oregon) waxa ay siisaa waalidiinta waxbarasho iyo qalab wax ka ogaysinayo fentanyl
		- [Dugsiyada Sare ee Soo kabashada Oregon (Oregon Recovery High Schools)](https://www.oregonrecoveryschools.org/) ayaa bixiyo waxbarasho ammaan, miyir qab, iyo taageero leh oo loogu talagalay dhalinyarada soo kabanayso

Macluumaadka ku saabsan ka samatabbixinta opioids, fentanyl, iyo naloxone/Narcan * + - [Abriil 2022 Warsidaha Hanjabaada Bulshada](https://drive.google.com/file/d/1tFF6htjpUeELwkcJniGEmH8fXyqDlB73/view?usp=sharing) oo ka yimid Aagga Ka Ganacsiga Maandooriyaha ee Karka badan ee Oregon (HIDTA)
		- [Wacyi-gelinta Fentanyl](https://fentanylaware.com/) Ololaha wacyigelinta fentanyl ee dadweynaha Ismaamulka Lane, xad dhaafka iyo naloxone
		- [Badbaadi nolosha Oregon](https://www.savelivesoregon.org/) baro wax badan oo ku saabsan naloxone, sida loo bixiyo oo loo helo hagayaasha tababarka
		- [Daawooyinka Dib u sixidda qaadashada qiyaasta xad dhaafka ah ee Opioid](https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SUBSTANCEUSE/OPIOIDS/Pages/ReverseOverdose.aspx) ee Maamulka Caafimaadka Oregon
		- Dhimashada ay sabab qaadashada qiyaasta xad-dhaafka ah ee Fentanyl, Ismaamulka Multnomah 2018-2023,warbixin ka timid Waaxda Caafimaadka Ismaamulka Multnomah
	+ **Khadka Caawinta**
		- [Youthline](https://oregonyouthline.org/?utm_medium=email&utm_source=govdelivery) waa khadka caawinta iyo dhibaatada ee dhallin-ka-dhallin. Wac 1-877-968-8491 u dir farriinta “teen2teen” lambarka 839863.
		- [**988 Lifeline.**](https://988lifeline.org/)Haddii adiga ama qof aad taqaan uu la halgamayo ama uu dhibaato ku jiro, caawimo ayaa la heli karaa 24/7. Wac ama u dir farriin gaaban 988 ama nagala sheekayso onlaynka barta [988Lifeline.org.](https://988lifeline.org/) 988 Lifeline waxay ka jawaabtaa wicitaanada, qoraalada iyo ku sheekeysiga Af-Ingiriisi ama Af-Isbaanish, oo waxay leedahay adeegyo tarjumaad oo ka badan 250 luqadood. Dadka Dhegoolayaasha ah, Maqalku ku adag yahay ama doorbida isticmaalka Luqadda Tilmaanta Ameerika waxay si toos ah ula xiriiri karaan lataliye tababaran 988 gudaha ASL.
 |