

Naasnuujisky ii Istimaalky Maandooriyaagy

Hagowgky Aqbaarty oo Waalidky ii Hanaani biyowky

Daawoying bathang ii walyaali yaa si fithus ang guthubee wanti naasoo, oo ki jarang hang ki qorang meelung. Hattii athi qobti su'aal qaas eh, tafathal li dohaw taqtarki hanaanithy aafimaatky.



Hagagung may diiridy saarey walyaaligy lang qorno.

Walaagii dawoyingky qoraalky eh, tafathal li dohow taqtarky hanaanithy aafimaatky oo talithy li hiriirty dawoyingky. Siiyowky aanithy naasoo may guud hang li taageerey maddii daawoyingky li qori lang istimaali sithy ki jiheyi taqtarky hanaanithy aafimaatka. Tang may ki jartee daawoyingky lang qori jiroothy maskangty, benzodiazepines oo walbaharky, stimulants oo ADHD, ii opioids oo dhuurigy daran.

Aqbaarti higy may quseytee istimaalky walyaaligy lang qorno

Hattii ang baahangty taageery liki yareeyaw ama liki roojiyaw istimaalky wal ku mid eh walyaalagung, li dohowky taqtarky hanaanithy aafimaatky. May jaree iqtiaari daaweyowky oo abdqab eh maddii li naasnuujiyaw. Hagaagung may istimaaley eriyaalky “naasnuujis” ii “wanty naasoo” laaking aqbaarty may quseytee noo’yi kasty oo wanty bani’aadamky ii nuujiyawky hebadky.

Alkulaathy: wayngty, biirty, isbiiritky/qamrigy

May saameeyaasee Ariingyoo:

- Onogy may luku yaabee inii heli wang yar maddii li quuthiyaw.
- Isbadelowky sithii wangty ang dhadhamaasy.
- Aringyoo may aami kornee wal yar, aamow ang fathaany, amy jiifithy wal bathang.



Walaagii La suubiyaw:

- Alkuly may ang galaayany wangty naasoo si degdeg eh, madung quuthy amy lis ku hor ingtii ang dhangny.
- Sug 2 saa’ dhamowkyy ku hor naasnuujiywky onogaa.
- Hal abitaan may luku watheey 5 qeybood oo wayng eh, 12 qeybood oo biir eh, amy 1.5 qeybood alkuly/isbiirit/qamri hoogan.

Tubaaky (Nikotiing): sikireed, faybky, sigaar elektaroonigy, baakithy, tubaakithy la aamaw

May saameeyaasee Ariingyoo:

- Waalidky naasnuujiyawky may suubiyi kortee wang yar.
- May badelaasee walaagii wangty ka jarta oo may hang saaraasee onogy kiimikooying ii biri ulus.
- May kordhiyaasee qataroo dhibaatooyingky neefsishithy sithy neef.



Walaagii La suubiyaw:

- Hattii atha awoody, istimaal walyar amy rooji.
- Joogteey naasnuujiyawky sababtoo eh wangty naasoo wili ang fayleying onogaa, hattaa iyee oo leh nikotiing.
- Sikareed ang ki dhuugtoy ama fayb meel onogaa ang dhaw sababtoo eh neefsidky qiiqy may sheeni koraani dhimishaathy lama filangky eh (SIDS) eed angky dhaw.
- Sikareed dhuugowky kudib, badel shaatigaa oo dhaqoy galnyoogaa si maddaas onogy angky neefsiny kiimikoyingky walyeelithy leh opo dharkaa ku kooyaw.

**Hashiishky: hashiishky li dhuugy/faybky (hashiishky, wiidh, hashiishky);
saliithoo ii THC, dabs, ii li aami koro**



May saameeyaasee Ariingyoo:

- THC may ki heraayaani unigoo dufungty leh, oo ki jaraang naasoo, oo may sii galaayaani wangty.
- Ailingyoo may luku yaabee inii daal dareemaang, dhib ki qobang aamowky, oo miisaan si futhus angki korno.
- May saameeyi kortee sithi ariingyoo angka rang oo ang hormarang.

Walaagii La suubiyaw:

- Hattii atha awoody, istimaal walyar amy rooji.
- Joogteey naasnuujiyawky sababtoo eh wangty naasoo wili ang fayleying onogaa, hattaa ii li jarang hashiis/THC.
- Sikareed ang ki dhuugtoy onogaa oroothiis sababtoo eh neefsidky qiiqy may sheeni kortee jiroothy dhimishaathy lama filangky eh (SIDS) eed angky dhaw.

Opioids - Daawithy: oxycodone, codeine, methadone, buprenorphine

- Daroogoyingky: heroin, fentanyl

May saameeyaasee Ariingyoo:



- Ariingyoo may noqothy koraany kuwi eed ang hundiry, may aamy koraany walyar, neefsithy koraany wal bathang si tartiib eh, hakiyi koraany neeftiyo (apnea), qabow yaa naqathy koraan ama may naqathy koraan inii alool fidhiit ki dhiyi.
- Daroogoyingky qaar wal bathang yaa ariingyoo saameeyaasi maadaami iyoo hoogangyiing, raagaan muddi dheer ama si futhus ang galang wangty. Fentanyl yaa bathanaa may ki qasany walyaaligy kala oo walyeelithy eh (oo ki jarang Xylazine) oo ang guthuby korang wangty oo may haathir ki haathy koraany korkaa muddy bilooying eh.

Walaagii La suubiyaw:

- Ang naas nuujitoy ama ang tuurttoy wangty oo angky yarang 24-48 aa'athod istimaalky angky dambooyi. Sug waqti dheer fentanyl.
- Warsooy taqtarky hanaanithy aafimaatky maddii badbaathy eti inii li naasnuujiyi ama li siiyi wangty li lisi.

Stimulants - Daawithy: amphetamine, dextroamphetamine

- Daroogithy: speed, ecstasy, bath salts, cocaine, meth.

May saameeyaasee Ariingyoo:

- Maandooriyigy shalduwang may ang saameeyi koree ariingyoo qaabab shal duwang ii qaarshoo may jari koraani waqti dheer.
- May luku yaabee inii mandahang, shubung ki dhiyi, arimoo quuthisky, miisaan lumisky, ang jiifathang si liithity, aamow yari, ama hattaa qalal qobang.



Walaagii La suubiyaw:

- Ang naasnuujitoy ama ang tuurtoy wangti oo angki yarang 24-48 saa'athood istimaalky angky dambooyi kudib.
- Warsooy taqtarky hanaanithy aafimaatky maddii badbaathi eta inii li naasnuujiyi amy li siiyi wangty li lisi.

Benzodiazepines: diazepam, lorazepam, clonazepam



May saameeyaasee Ariingyoo:

- Ariingyoo may nagatha koraany kuwi eed ang hunduraw, walyar aamaw, ama si tartiib eh miisaan angki siyaathaw.
- Qaar ku mid eh benzodiazepines may raagaayaani waqti dheer oo may eed angky bathangtaa inii sheenang aastaamoo ariinyoo.

Walaagii La suubiyaw:

- Ang naasnuujitoy ama ang tuurtoy wangti oo angki yarang 24-48 saa'athood istimaalky angky dambooyi kudib.
- Warsooy taqtarky hanaanithy aafimaatky maddii badbaathi eta inii li naasnuujiyi amy li siiyi wangty li lisi.



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