

KHAMRIGA, TUBAAKADA

IYO DAROOGOYINKA KALE

INTAY HAWEENKU UURKA LEEDAHAY

Cunugaaga ayaa ubaahan jaceel iyo daryeel. Markaad uurka leedahay, waxkasta ood jirkaaga galiso waxay sidoo kale galayaan jirka cunugaaga sidoo kale. Waxa aad doorato inaad cunto, cabto, qaadato, ama sigaarkaad cabto ayaa saamayn kara caafimaadka cunugaaga. go'aanada aad gaarto waa muhiim.

SII CUNUGAAGA BILOOWGA NOLOL WANAAGSAN

- Joojinta sigaarka - markasta way kfurantahay inaad joojiso. Tubaakada iyo sigaarka korontada ayaa kakooban kiimikooyin cunugaaga dili kara. Xataa hadaad horay ugu dhibtootay joojinta sigaarka, markale iskuday.
- Kafogoow dadka kale ee sigaarka cabaaya. Waxay halis wayn kutahay adigga iyo cunugaaga.
- Kanaso khamrada, biirka, wineta, calaqa, iyo cabitaanada iskudarka ah. Majirto khamri badqab leh intaad uurka leedahay.
- Lahadal dhakhtarkaaga kahor intaadan wax daawooyin ah qaadan intaad uurka leedahay.
- Hadaad isticmaasho wax daaqa ah ood wadooyinka kagadatay waxay halis galin kartaa cunugaaga. Hadaad cunayso daawooyinka wadada, qof aad kukaloontahay caawimaad uraadso. Difaaca cunugaaga.

HA ISTICMAALIN



- ✘ Crack/cocaine
- ✘ Dawooyinka xawaaraha ama kiciyaasha ama dajiyaasha
- ✘ Heroin
- ✘ Marijuana
- ✘ PCP ama Angel dust
- ✘ LSD
- ✘ Meth
- ✘ Khamrada
- ✘ Tubaakada
- ✘ Daroogooyinka kale ee wadooyinka

Si aad udaryeesho cunugaaga, naftaada daryeel. Jirkaaga ayaa ah aduunyada dhan ee cunugaaga.



MAXAAD SAAYN KARTAA KAWAALID AHAAN?

- Usamee guri caafimaad qaba cunugaaga. Kadheerow khamriga, tubaakada iyo daroogooyinka kale. Tani waxay tusaale wanaagsan unoqonaysaa cunugaaga.
- Waxaa ugu fiica inaad sigaarka joojiso. Hadaadan joojin karin, iskayaree. Hakucabin sigaarka meel udhaw cunugaaga ama ha u ogolaan in qofkale sigaar kucabo aaga cunugaaga. Banaanka sigaarka kucab.
- Hadaad sigaar cabto, nicontine iyo maadooyinka laga sameeyo ayaa galaaya caanaha biniaadamka. Sigaar cabidu waxay yarayn kartaa caanaha naasaha. Uwad naasnuujinta/xabadnuujinta cunugaaga, caanaha biniaadamka waxay siinayaan cunugaaga nafaqo muhiim ah iyo faaiidooyin. Waydiiso WIC inay kaacaawiyaan qaabab aad kubadin karto cadadka caanaha naasahaaga. Yaree sigaar cabida iyo quudinta kahor intaadan sigaarka cabin.
- Khamriga ayaa galaaya caanaha biniaadamka. Hadaad naasnuujinayso/xabadnuujinayso aadna doonayso inaad khamri cabto, talo kaqaado dhakhtarkaaga caafimaadka ama shaqaalaha WIC.

WAA LAGU GARAB TAAGANYAHAY

Hadaad laharjadayso khamriga ama daroogooyinka:

- Kalahadal dhakhtarkaaga ama xarunta caafimaadka ee WIC inay meelo talobixin kuugudbiyaan.
- Wac **QUIT PARTNER** oo nambarkoodu yahay **1-800-QUIT-NOW (784-8669)** si lagaaga caawiyoo joojinta sigaarka. Booqo webseedkooda oo ah **www.quitparnermn.com**.
- Laxariir **1-800-622-2255** si lagaaga caawiyoo joojinta cabista khamriga ama daroogooyinka.
- Wac ama booqo **2-1-1** si oonleen ah si aad adeegyo maxali ah iyo caawimaad deegaankaaga laga siiyo.

