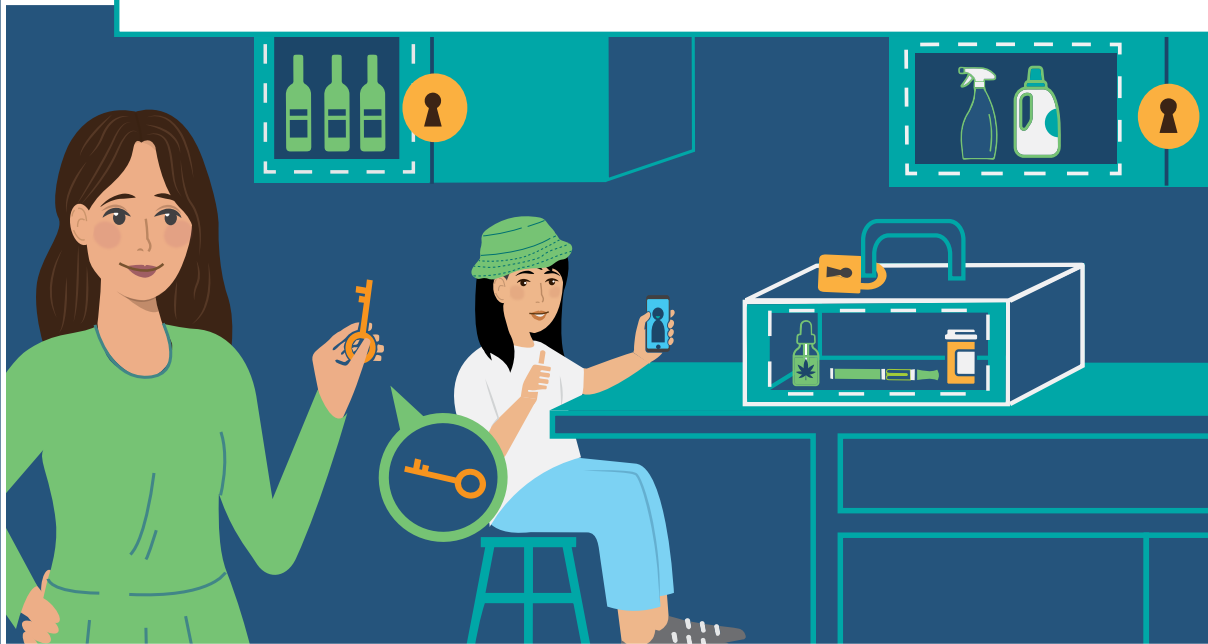


# Ku keydi daroogada iyo aalkolada guriga si aamin ah

Qaad talaabooyinkan si aad uga hortagto dhalinyarada inay helaan waxyaabaha maanka dooriya sida mirwaanada, aalkolada, daawooyinka, sigaarka iyo sigaarka elektarooniga ee guriga



## 1 Si aamin ah u keedi walxaha maanka dooriyo

Waxaad horeyba u keydisay waxyaabaha sida qalabka loo isticmaalo nadaafada iyo aaladaha halista ah meel aamin ah oo ka fog carruurta. Ula dhaqan walxaha maanka dooriyo sidaa oo kale. Meel ku xiro mirwaanada, aalkolada, daawooyin, iyo sigaar iyo sigaarka elektarooniga ah armaajo, sanduuq, ama khaanad.

## 2 La soco kadibna iska tuur

Ogsonoo noocyada iyo xaddiga walxaha maanka dooriyo aad haysato. Ka takhalus dawooyinka aan loo baahnayn ama dhacay. Raadi sanduuqa wax lagu rido ee kuugu dhow barta: [takebackyourmeds.org](https://takebackyourmeds.org)



## 3 La hadal dhalinyarada

Ka caawi dhalinyarada inay gaaraan go'aano caafimaad qaba. Ka hadal isticmaalka walxaha maanka dooriyo oo deji hadafyo cad. Ka hel talooyin ku saabsan sida loo qabto wada-hadalladan: [starttalkingnow.org](https://starttalkingnow.org)



# Substance Safety at home

Badbaadada walxaha maanka dooriya ee guriga

Wax Su'aalo ah? Nala soo xiriir!

Caafimaadka Dadweynaha- Seattle & degmada King : 206-263-8955

Waxaa ku keenay adiga Dugsiyada Dadweynaha Seattle oo ay ku bixisay Waaxda Caafimaadka ee Gobolka Washington iyada oo lagu maalgelinayo Lacagta Xisaabta Marijuana, iyo degmada King Bilawga ugu Fiican ee Carruurta Levy.

Best Starts for  
**KIDS**

Public Health  
Seattle & King County

Seattle Public  
Schools