

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

Best Starts for **KIDS**  Seattle Public Schools

Public Health  Seattle & King County



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

Ogsonooq noocyada iyo xaddiga walxaha maanka dooriyo aad haysato. Ka takhalus dawooyinka aan loo baahnayn ama dhacay. Raadi sanduuqa wax lagu rido ee kuugu dhaw barta: 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.

Substance Safety at home



1. Si aamin ah u keedi walxaha maanka dooriyo

Laga soo bilaabo sanadkii 2014, xaruunta gaadhsiinta xashiishadda ayaa u sheegtay Xarunta Sunta ee Washington in carruurta da'doodu u dhaxayso 6-12 sano jir ayaa in ka badan sii saddex-jibaarmay.
- Washington Poison Center, 2020



2. La soco kadibna iska tuur

Carruurta dugsiga hoose ku jirta, kaniiniga ibuprofen waa walaxda ugu badan ee loo isticmaalo in naftooda wax ku yeleeyaan ama isku dayan in ay isku dilaan.
- Washington Poison Center, 2018



3. La hadal dhalinyarada

Carruurta wax ka barta halista ay leeyihiin isticmaalka aalkolada iyo daroogooyinka inta ay joogaan gurigooda aad ayay u yar tahay inay isticmaalaan.
- Healthy Youth Survey, 2018

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.