

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 dhow 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, talkevenif.com

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, wexey badanaa naftooda ku waxyeelayaan ama isku dayaan iney naftooda ku dilaan daawooyinka ka-hortagga niyad-jabka (antidepressant) iyo acetaminophen.
- Washington Poison Center, 2022



3. La hadal dhalinyarada

Carruurta guriga ku barata khatarta khamriga iyo daroogooyinka kale waxay u badan tahay inay ka dheeraadaan isticmaalkooda. Kaliya 57% ardayda dhigata fasalka 10aad ee Seattle ayaa ka warbixiyey la hadalka waalidkood sanadkii la soo dhaafay oo ku saabsan isticmaalka marijuana.
- Healthy Youth Survey, 2021

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 bisixay Waaxda Caafimaadka ee Gobolka Washington iyada oo lagu maalgelinayo Lacagta Xisaabta Marijuana, iyo degmada King Bilawga ugu Fiican ee Carruurta Levy.