

Bixinta Buufinta Naloxone Nasal ee loogu talagalay Qiyaasta Xad dhaafka ah ee Opioid

Giving Naloxone Nasal Spray for Opioid Overdose

Opioids include heroin and prescription pain medicines, such as:

- hydrocodone/acetaminophen (Lorcet and Vicodin)
- oxycodone/acetaminophen (Percocet)
- morphine (MS Contin)
- methadone
- fentanyl

If a person takes a large amount of opioids, they can overdose and they could die. An overdose is an emergency! Review this information, so you know how to respond to an overdose.

Signs of opioid overdose

- Not breathing or less than 1 breath every 5 seconds
- Vomiting
- Pale and clammy skin
- Lips, fingers or toes look gray or blue in color
- Heart beat or pulse is slow or has stopped
- Snoring, gurgling or choking sounds
- Does not respond to shaking or rubbing your knuckles over the breast bone in the center of the chest

Opioids waxaa ka mid ah heroin iyo daawooyinka xanuunka loo qoro, sida:

- hydrocodone/acetaminofin (Lorcet iyo Vicodin)
- oxycodone/acetaminofin (Percocet)
- morphine (MS Contin)
- methadone
- fentanyl

Haddii qofku qaato qadar badan oo opioids ah, qiyaasta ayaa ku badan karta waana dhiman karaa. Qiyaasta daawada oo aad ka badiso waa xaalad deg-deg ah! Fiiri macluumaadkan, si aad u ogaato sida looga jawaabo qiyaasta xad dhaafka ah.

Calaamadaha muujinaya inaad qiyaas xad dhaaf ah ka qaadatay opioid

- Neefsasho la'aan ama neefsasho ka yar 1 neef 5-tii ilbiriqsi
- Mataqid
- Maqaar jilicsan ama isku dhegan
- Bushimaha, faraha ama suulasha oo u ekaada kuwo cawlan ama midab buluug ah leh
- Garaaca wadnaha oo gaabis ah ama joogsada
- Dhawaaqyo kuurin, qeylo ama saxasho u eg
- Kama jawaabayo ruxitaanka ama xoqidda farahaaga lafta naaska ee laabta dhexdeeda ah

Take Action if you see signs of overdose

1. Check response.

- Shout the person's name and shake their shoulders.
- If no response, rub your knuckles on the center bone of their chest.

2. Call 911.

- Say, "I have a person who is not responding and is not breathing." Give location and address if known.
- Do not wait for emergency services to arrive before giving naloxone. Call 911 even if the person responds to the naloxone (Narcan).

3. Give naloxone (Narcan) nasal spray.

- Open package and peel paper to remove nasal spray. Follow directions in next section.

Qaad Tallaabo haddii aad aragto calaamadaha qiyaas dhaafka

1. Hubi jawaab-celinta.

- Ku qayli qofka magaciisa oo taabo garbahiisa.
- Haddii aanu kuu jawaab-celinin, fartaada ku xoq bartamaha feerhiisa.

2. Wac 911.

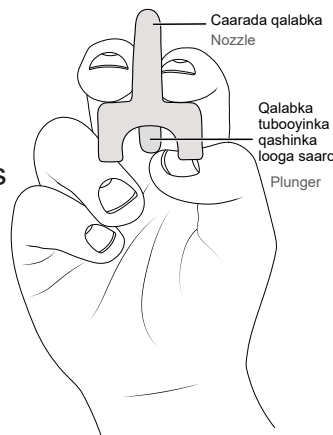
- Dheh, "Waxaan hayaa qof aan jawaab-celin oo aan neefsanaynin." Sii goobta iyo cinwaanka haddii la yaqaan.
- Ha sugin in adeegyada gurmada ay yimaadaan ka hor intaadan siin naloxone. Wac 911 xitaa haddii qofka ka jawaab-celiyo naloxone (Narcan).

3. Sii Buufinta naloxone (Narcan) nasal.

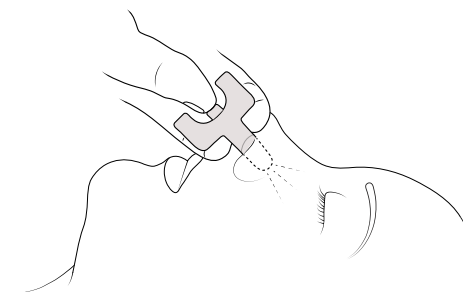
- Fur baakada oo jeex warqada si aad uga soo saarto buufinta nasal-ka. Raac tilmaamaha ku qoran qeybta xigta.

Giving naloxone nasal spray

1. Position the person on their back.
2. Hold the spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



3. Place the tip of the nozzle into one side of the nose, so your fingers are against the bottom of the nose.
4. Press the plunger firmly to give the dose of the spray.

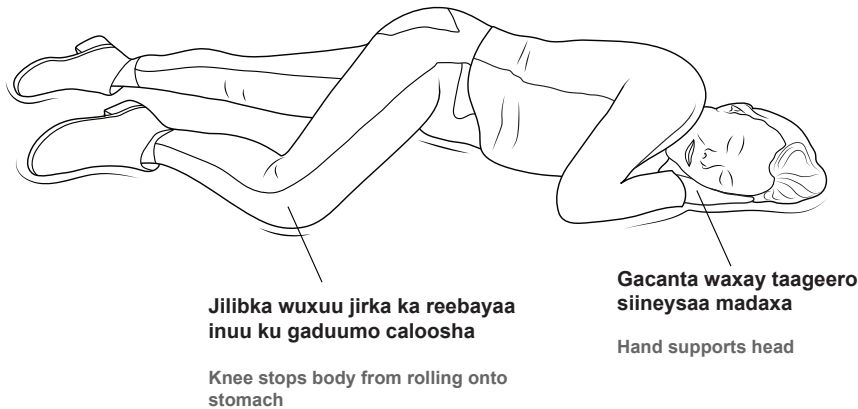


Bixinta Buufinta naloxone nasal

1. Qofka dhabardhabar u jiifi.
2. Buufiska ku qabo suulkaaga dhinaca hoose ee mashiinka, farahaaga koowaad iyo kuwa dhexe labadaba dhinaca godka.

3. Geli caarada buufiska hal dhinac oo sankaa ah, si markaa farahaadu uga soo horjeedaan salka sankaa.
4. Si adag u riix furka si aad qiyaasta ugu buufiso buufinta.

5. Remove the spray device from the nose and throw it away. It only contains 1 dose. Throw it away out of the reach of children.
 6. Stay with the person until help arrives.
 - If the person starts to breathe on their own, roll them onto their side, so they do not choke if they vomit.
5. Qalabka buufinta sanko ka saar oo iska tuur. Waxay ka kooban tahay keliya 1 doos. Waxaad ku tuurtaa meel aan carruurta gaari karin.
 6. Qofka la joog illaa inta gargaar kaa imanayo.
 - Haddii qofku bilaabo inuu neefsado iskiisa, dhinac u rog, si aynaan ugu saxanin haddii uu mataqo.



- If the person does not begin to breathe on their own after 2 or 3 minutes:
 - › Give another dose of naloxone if you have it available.
 - › Start rescue breathing:
 - Make sure there is nothing in the person's mouth. Tilt the head back by lifting their chin with your hand to open their airway.
 - If you have a face shield, place it over their nose and mouth and pinch their nose shut with your other hand
 - If you have a pocket mask, place it over their nose and mouth to make a seal.
- Haddii qofku uusan bilaabin inuu neefsado
 - kaligood kadib 2 ama 3 daqiiqadood:
 - › Sii dawo kale oo ah naloxone haddii aad heli karto.
 - › Bilow neefsashada badbaadada:
 - Hubso inaysan waxna ku jirin qofka afkiisa. Madaxa gadaal u celi adiga oo gacanta kor ugu qaadaya garkooda si aad u furto hawo mareenka.
 - Haddii aad qabto gaashaanka wejiga, saar sankooda iyo afkooda oo sanko ku qabo gacantaada kale
 - Haddii aad qabtid maaskarada jeebka, saar sankooda iyo afkooda si aad u daboosho.

- If you do not have a shield or mask, pinch their nose shut with your other hand.
- Give 2 slow and deep breaths into their mouth to cause their chest to rise. Continue giving 1 breath every 5 seconds until they are breathing on their own or help arrives.
- Haddii aadan haysan gashaan ama maaskaro, gacantaada kale sanko kaga qabo.
- Sii 2 neefsasho oo gaagaaban oo afka ah si aad u sababto in laabtoodu kacdo. Sii wad inaad siiso 1 neef 5-tii ilbiriqsi kastaba ilaa iyo inta ay iskooda u neefsadaan ama ay caawimaad ka imaanayso.

About naloxone nasal spray

- Store naloxone at room temperature and away from light.
- Check the expiration date on the package. If the expiration date is past, throw the package away and get a new one from the pharmacy.
- Naloxone will not reverse overdoses caused by drugs that are not opioids.
- Naloxone can cause non life-threatening withdrawal symptoms. Review the package instructions for more information.
- In Ohio, the law protects the person calling 911 and using naloxone to reverse a drug overdose, as well as the person who is overdosing.
- Naloxone is available in Ohio without a prescription. Pharmacies by county listed at: pharmacy.ohio.gov/Licensing/NaloxonePharmacy.

Wax ku saabsan buufinta naloxone nasal

- Ku xaree naloxone heerkulka qolka oo ka fogeey iftiinka.
- Hubi taariikhda dhicitaanka ee ku taala baakada. Haddii taariikhda dhicitaanka ay dhaaftay, tuur baakada oo mid cusub ka soo qaado farmashiga.
- Naloxone-ka ma beddeli doono qiyaast xad-dhaafka ah ee ay keeneen daawooyinka aan opioids ahayn.
- Naloxone waxay sababi kartaa astaamaha ka bixitaanka ee aan nafta halis ku ahayn. Dib u eeg tilmaamaha baakada si aad u hesho wixii macluumaad dheeri ah.
- Ohio gudaheeda, sharcigu wuxuu ilaaliyaa qofka wacaya 911 oo u isticmaalaya naloxone si uu u baabi'iyo qiyaasta xad-dhaafka ah ee daawo la isticmaalay, iyo sidoo kale qofka qiyaasta xad-dhaafka ah isticmaalay.
- Naloxone waxaa laga heli karaa gudaha Ohio iyada oo aan dhakhtar kuu qorin. Farmashiyaasha wadamada waxaa lagu liis gareeyey: pharmacy.ohio.gov/Licensing/NaloxonePharmacy.

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