

Waxaad ka Ogaaneysaan Xashiishadda Adiga, Nuunnehaaga, iyo Carruurta Yaryar

Dad badan ayaa is weydiinaya badqabidda xashiishadda (oo sidoo kale la yiraahdo mariwaana, qiiqa, nacasta) haweenka uurka leh, haweenka raba in ay uur yeeshaan, ama kuwa nuujinaya (si kasta oo ilmaha lagu siinayo caanaha hooyada, nuujinta, ama lisidda). Xashiishadda waxaa loo isticmaalaa siyaabo badan, sida iyadoo ku jirta sigaar, shiishad, ama nacinac, cunto, ama cabitaan oo waxay beddeleysaa fekerka, dareenka, iyo qaadashada go'aanka. Isticmaalka xashiishadda nooc kasta oo ay tahay ee xilliga uurka iyo nuujinta waxay saameyn kartaa hooyada uurka leh iyo caafimaadka ilmaha. Inkasta oo ay xashiishaddu sharci u tahay dadka Minnesota ee ah 21 jir ama ka weyn, taas macnaheedu ma aha in ay hooyada uurka leh ama nuujineysa badqabid ku heleyso.

Raadso xaqiiqooyinka

Waxaan ognahay in aad naftaada iyo ilmahaaga u sameyn doonto wixii idiin fiican. In kasta oo ay jiraan waxyaabo badan oo aadan ka garaneyn saameynta caafimaadka ee xashiishadda, halkan ka akhriso waxa aan ognahay:

- Waxa jirkaaga gala waxa ay u gudbi karaan ilmahaaga. Isticmaalka xashiishadda waxa ay dhaawacaysaa koboca maskaxeed ee ilmaha oo waxa ay kordhin kartaa halis ah:
 - In ilmahaagu ku dhasho isagoo aad u yar ama goor hore ayuu dhalan doonaa
 - In ilmuhu ku dhasho meyd ahaan ama saqiirid
 - Dhibaatooyin ah waxbarashada, habdhaqanka, ama kuwa kale oo ah caafimaadka
- Xashiishaddu waxa ay toddobaadyo ku dhex jireysaa baruurta jirka. Qaar ka mid ah kiimikooyinka xashiishadda waxa ay ku jiri karaan caanaha naaska xataa ka dib markay hooyadu joojiso xashiishadda. Lisidda iyo daadinta caanaha waxba kama beddeleyaan arrinta ah isticmaalka xashiishadda.
- Isticmaalka xashiishadda ee hooyada uurka leh waxa ay kor u qaadeysaa halista dhibaatooyin ah, sida:
 - Dhiigkarka uurka (dhiigkar badan)
 - Dhiigkarka daran ee xaamilada
 - Cayil badan
 - Mandheerta oo dillaacda (madheerta oo ka soo fuqda gidaarka ilmagaleenka)
 - Sonkorowga uurka
- Marar badan marka la isticmaalo xashiishadda, waxaa hooyada aad ugu kordheysa khataro ah caafimaadka, gaar ahaan haddii ay sigaar cabto.



Isticmaalka xashiishadda ma aha wax lagula talinayo hooyo uur leh ama nuujineysa.

Ururka Mareykanka ee Dhakhaatiirta Takhasuska Haweenka (American College of Obstetricians and Gynecologists) iyo Ururka Mareykanka ee Dhakhaatiirta Carruurta (American Academy of Pediatrics) waxa ay kula talinayaan hooyo kasta in ay joojiso xashiishadda inta ay uurka leedahay iyo marka ay ilmaha nuujineyso.

Iska yaree waxyeellada ka imaan karta

Dadka qaarkood ayaa laga yaabaa in ay ku adkaato in ay joojiyaan xashiishadda. Si la isaga yareeyo waxyeellada ka imaanaysa, waa in la sameeyo waxyaabaha soo socda:

- Yareynta caddadka iyo inta jeer ee la isticmaalo xashiishadda.
- In aad isticmaasho markaad daryeeleyso ilmaha ma noqon karto badqabid. Haddii aad isticmaaleyso xashiishad, raadso dad ilmaha kuu haya.
- In lagu cabbo bannaanka markay suurtagal tahay si looga fogeeyo in uu qiiqa xashiishku ilmaha gaaro.
- Baabuur ha kaxayn ka dib markaad isticmaasho xashiishad. Waa in aadan ilmo u oggolaan inuu raaco baabuur markuu waduhu isticmaalo maandooriye. Xashiishaddu waxay keentaa gaabis, dawakhaad, jahwareer, iyo dhibaato ah in la fakaro.
- Ku xiro xashiishadda meel quful leh oo uusan ilmuhi arki karin, gaari karin, ama ka heli karin.
- Haddii aad xashiishadda u isticmaasho in aad ku maareyso xaalad caafimaad ama calaamadaha uurka, kala hadal dhakhtarkaaga dhibaataada ku haysata iyo daaweynta kale ee lagu heli karo.



Taageerada kala duwan

Haddii adiga ama qof ka mid ah qoyskaaga aad rabtaan in la idin kala hadlo sida la isaga yareeyo ama joojinta isticmaalka xashiishadda, waxaa jira tasiilaadyo la idinku caawin karo.

- Kala hadal dhakhtarkaaga in meel kale la lagu guddiyo.
- Booqo FindTreatment.gov (www.findtreatment.gov) si aad uga hesho barnaamijyo daaweyn ah.
- Booqo barta [Fast Tracker](https://fasttrackermn.org) (<https://fasttrackermn.org>) ama soo garaac 651-426-6347 si aad uga hesho goob kaa caawiya maandooriyaha oo kuu dhow. Waxaa ka mid ah shaqaalaha Beelaha dalkan.
- Soo garaac Taleefanka Dalkoo Dhan ee Xadgudubka Maandooriyaha iyo Maamulka Adeegyada Caafimaadka Dhimirka (Substance Abuse and Mental Health Services Administration National Hotline ama SAMHSA) 800-662-HELP (4357).

Si aad macluumaadkan ugu hesho qaab kale, soo garaac 651-201-3650.

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