

# Is-Khaarajinta iyo tandhaafinta mukhaadaraadka ee aan u kaska ahayn waxaa weeye mushkilad wayn oo ka jirta Utah; laakiin, midna muu kordhin ilaa intii uu bilaabmay safmarka COVID-19\*

In kasta oo la arkay inay korodhay gobolada kale iyo heer qaranba, is-khaarajinta iyo tandhaafinta mukhaadaraadku ma kordhin Utah intii lagu jiray safmarka COVID-19.

## Natiijada Muhiimka ah

### DHIMASHADA KHAARAJINTA NAFTAADA

Kuma iman is badal tirada dadka reer Utah ee naftooda khaarajiyay ilaa intii uu bilaabmay safmarka COVID-19, Maarso 2020 ilaa Juun 30, 2021. Tirada dadka reer Utah ee u dhintay naftooda oo ay khaarajiyeen ayaa weli badan oo isbadal badan kuma uu iman ilaa 2015. Sidoo kale ma jiro wax isbadal lagu arkay tirada dadka reer Utah ee u dhintay naftooda oo ay khaarajiyeen da'aha kala duwan.  
*Eeg Jaantusyada 1 iyo 2.*

### ISKU DAYGA IS- KHAARAJINTA

Tirada dadka reer Utah ee galay waaxda gurmada degdega ah kuwaas oo isku dayay inay naftooda khaarajiyaan laakiin aanay waxyeelo wayni soo gaadhin ilaa Janaayo 1, 2020 ilaa Agoosto 28, 2021 wax isbadal ah oo wayn kuma uu iman.  
*Eeg Jaantuska 3.*

### FIKIRADA IS- KHAARAJINTA

Tirada dadka reer Utah ee u galay waaxda gurmada degdega ah inay maskaxdoodu ku soo dhacday inay khaarajiyaan naftooda si wayn iskuma uu badalin intii u dhaxaysay Janaayo 2020 iyo Agoosto 2021. Da'aha kala duwan, ma jiro isbadal wayn oo ku yimid tirada dadka reer Utah ee u galay waaxda gurmada degdega ah in ay maanka ku hayeen inay khaarajiyaan naftooda.  
*Eeg Jaantusyada 5 iyo 6.*

### KA FAA'IDAYSIGA ADEEGYADA MUSHKILADAHA

Tirada dadka reer Utah ee lasoo hadlay Khadka Kahortaga Is-Khaarajinta ayaa sii kordhaysay, taas oo sida ahayd ilaa ugu yaraan bilawgii 2019, sanad kahor inta aanu bilaabmin safmarka COVID-19. Tirada dadka ee isticmaalay SafeUT 2020 iyo 2021 waxa ay muujinayaan un isbadalka hore ee 2019 wax u dhigma.  
*Eeg Jaantuska 7.*

### U DHIMASHADA TANDHAAFINTA MUKHAADARAADKA

Tirada dadka reer Utah ee u dhintay tandhaafinta mukhaadaraadku ee sida shilka ah een loogu talogalin u dhacay si wayn iskuma ay badalin intii u dhaxaysay Janaayo 2018 yo Maajo 2021. Tirada dhimashada koox da'eed kasta si wayn iskuma uu badalin laga bilaabo Janaayo 1, 2018 ilaa Maarso 31, 2021.  
*Eeg Jaantusyada 8 iyo 9.*

### TANDHAAFINTA MUKHAADARAADKA EE AAN KHATARTA AHAYN

Tirada guud ee dadka reer Utah ee u galay waaxda gurmada degdega ah tandhaafin mukhaadaraadka ah oo aan naftooda waxyeelayn si wayn iskuma ay badalin intii u dhaxaysay Janaayo 2020 ilaa Agoosto 2021. Wax isbadal ah lagama arag tirada dadka ee u galay waaxda gurmada degdega ah tandhaafin mukhaadaraad koox da'deed kasta.  
*Eeg Jaantusyada 10 iyo 11.*

\*Waxa uu ka bilaabmay safmarka COVID-19 Utah Maarso 2020.

## Waxyaabaha Lagala Soo Baxay



Tirada dadka reer Utah ee u dhintay naftooda oo ay khaarajiyeen ama mukhaadaraad ay si kama' ah isku tandhaafiyeen si wayn iskuma uu badalin tirada dadka ah ee u dhintay ilaa Maarso 2020, ilaa intii uu ka bilaabmay safmarku Utah.



Qaabka uu u socdo tirada dadka naftooda khaarajinaya iyo tandhaafinaya mukhaadaraadka ee Utah mar kasta lama socdo tirada qaran. Tusaale ahaan, CDC waxay dhawaan sheegtey in 51% uu kordhay isku dayga is-khaarajinta ee hablaha dhawr iyo toban jirada ahi ee u dhaxeeya 12-17 Janaayo iyo Maarso 2021 (1). In kasta oo korodhka lagu arkay Utah hablaha dhawr iyo toban jirada ah isla mudadaas mudadeedii, korodhkan waxa uu ku socdaa qaabka caadiga ah xilliga jiilaalka. Isku dayga is-khaarajinta ee la gaadhsiiyay waaxaha gurmadka degdega ah ee hablaha dhawr iyo toban jirada ah waxa uu hoos ugu dhacay si wayn bilaha gu'ga iyo xagaaga - mar kale, kadib qaabkii caadiga ahaa.



Jawaabta caadiga ah ee waxyaabo badan oo keena warwar iyo isku buuq waxaa weeye u adkaysi iyo kasoo kabasho; dadka badankoodu way ka gudbaan oo waxay si wanaagsan u maamulaan mushkiladaha, xanuunada maskaxda ee daran, iyo xaaladaha aadka u adag.



Helitaanka daryeel wakhtigiisa ah ayaa muhiim u ah dadka dareema koror ku dhaca walaacyada dareenka, maskaxda, ama balwadaha.



Waxaa amaan ah in la dalbato kaalmo xirfadle. Bixiyayaal badan ayaa awooda inay kula kulmaan bukaanka maqal iyo muuqaalka oo xarumaha daryeelka caafimaadku waxay wadaan taxadir ay kaga jiraan kahortaga faafinta COVID-19.

Dalbo kaalmo naftaada ah ama u dalab qof kugu wayn:

**800-273-TALK (8255)**

ama ka hel khayraad dheeraad ah

[liveonutah.org](https://liveonutah.org) ama

[coronavirus.utah.gov/mental-health](https://coronavirus.utah.gov/mental-health)

## Baro calaamadaha qofka doonaya inuu naftiisa khaarajiyo: waxa aad badbaadin kartaa naf

Saamaynta mudada dheer ee safmarka ee caafimaadka maskaxda, is-khaarajinta, iyo balwaduhu waxay qaadan doontaa mudo inta la fahmaayo. Warbixinta ma wada sheegeyso baaxadda saamaynta ay ku leeyahay dadka reer Utah: dad badan ayaa la kulmay dhaqaalo daro, shaqooyin waayid, guryayn aan xasiloonaayn, caqabado la xidhiidha waxbarashada, mushkilad ku xidhanka qoyska iyo asxaabta, iyo koror walaacyada caafimaad oo la xidhiidha fayraska, iyo waxyaalo kale.

**Nama hayso awood daro aanu wax kaga qaban karno xaaladaha adag ee nagu xeeran. Baro calaamadaha digniinta ah ee qofka doonayo inuu naftiisa khaarajiyo:**

- Ka sheekeynta is-khaarajinta ama dhimashada
- Kordhinta balwadaha, sida khamrida iyo mukhaadaraadka
- Ka fogaanshaha ama ka gu'idda asxaabta iyo qoyska
- Isbadal lama filaan ah oo aan la garanaynin waxa keeney oo ku yimaadda hurdada, abiteedka cuntada, jawiga, ama hawlaha maalintii
- Bixinta alaabadii qofka ku qaaliga ahaa
- Raadinta qaab waxyeelada ugu badan dhalin kara (hubka, dawooyin), ama ku baadhitaan onleyn sida aad naftaada u khaarajin karto
- Dhibsada wax ama xanaaqsan badanaa
- Bilaw isku buuq ama warwar, ama isbadal ku yimaadda xaaladda caafimaadka maskaxda ee la ogaa
- Inkasta oo lagu jiray wakhtigan adag, WAXAA JIRA RAJO Dhamaanteen waxaynu fursad u haysanaa in aynu QAADNO TALAABO lagaga hortagayo khaarajinta nafta.

**Macluumaad badan ka  
ogow sida looga hortago  
is-khaarajinta:**

Booqo [liveonutah.org](https://liveonutah.org) ama ku iskaan garee koodhkan kameerada taleefankaaga ama taabletkaaga.



## Baro calaamadaha tandhaafinta mukhaadaraadka: waxa aad badbaadin kartaa naf

Hadii adiga ama qof kugu dhaw uu la kulmo tandhaafin mukhaadaraad, la hadal 911 isla markaba oo hadii ay macquul tahay, siin naloxone (oo loo yaqaan Narcan). Daawaynta dhakhsaha ahi waxay badbaadin kartaa noloshu qofka. Astaamaha tandhaafintu way kala duwan yihiin taas oo ku salaysan mukhaadaraadka uu qofku qaatay.

### Astaamaha tandhaafinta oboyodhka waxaa kamid ah:

- Wiilka indhaha oo yar, oo fiican
- Cidiyaha iyo dabhaha oo buluug ama soosali noqda
- Qofka oo aan toosin ama bilaa dhaqaaq noqda
- Neefsigu ku adag yahay ama joojiyaba
- Khuuro ama cod margasho oo kale ah sameeya
- Garaaca wadnaha oo dhakhso ah, sii yaraanaya, ama aan caadi ahayn

### Astaamaha tan dhaafinta mukhaadaraadka kale waxaa kamid ah:

- Laab xanuun aad u daran
- Suuxdin
- Madax xanuun aad u daran
- Isla maqnaan leh xumad
- Warwar ama kacsanaan badan
- Dareemid heerkul aan ahayn heerkulka jidhka ee caadiga ah (dareemid kulayl badan ama qabaw badan)
- Isbadal midabka maqaarka (qofku waxa uu yeelan karaa maqaar noqda buluug hadii ay neeftu qabanayso ama waji ama maqaar casaan ah kadib marka wadnuhu uu soo saaro dhiig badan)

**Qof kasta ayaa tandhaafin kara, gaar ahaan dadka isticmaala mukhaadaraadka markii kowaad ama dadka isticmaala kadib mudo ayna isticmaalin mukhaadaraadka. Khidado fudud oo lagaga hortagi karo tandhaafintu waa:**

- Ka qayb gal hawlaha lagu yaraynayo waxyeelada sida adeegyada is waydaarsiga siriinjiyada. Macluumaad badan ka ogow [utahharmreduction.org/](http://utahharmreduction.org/).
- Hadii aad isticmaasho mukhaadaraad, waxa aad raacdaa xeerarka yaraynta waxyeelada:
  - o Kaligaa ha isticmaalin mukhaadaraadka.
  - o Hadii ay macquul tahay, iska ilaali inaad isku darto mukhaadaraadka maadaama oo ay kordhiso khatarta tandhaafinta.
  - o Soo qaado shaybaadhka fentanyl oo waxa aad ka eegtaa mukhaadaraadka fentanyl.
  - o Aayar wad.
  - o Sido naloxone oo baro sida loo isticmaalo. Macluumaad badan ka ogow [naloxone.utah.gov](http://naloxone.utah.gov).

**Khidado gaar ah oo lagaga hortago dawooyinka la qoro ee obiyoodhka in la tandhaafiyo waxaa kamid ah:**

- Kala hadal dhakhtarkaaga wixii ku saabsan ikhtiyaarada kale ee obiyoodhka.
- Weligaa hala wadaagin dawooyinka obiyoodhka ee lagu qoro qof kale.
- Waxa aad dhigtaa dawooyinka obiyoodhka ee lagu qoray meel ayna gaadhaynin caruurto, iyadoo leh jaanta ku dhaggan, oo waxa aad ku xidhaa fur ayna furi karin caruurto.
- Waxa aad u daadisaa sida saxda ah dawooyinka obiyoodhka ee aanad isticmaalaynin iyo kuwa dhacay. Waxa aad gaysaa obiyoodhka lagu qoray ee aanad isticmaalin meelaha sida rasmiga ah loogu uruuriyo ama munaasabadaha lagu soo qubo. Macluumaad badan ka ogow [www.useonlyasdirected.org](http://www.useonlyasdirected.org) iyo <https://knowyourscrip.org/>.
- Baro waxa ay yihiin obiyoodhka caamka ah oo waxa aad ogaataa khataraha: ku tiirsanaanta, balwada, ama tandhaafintooda.
- Macluumaad badan ka ogow [www.opidemic.org](http://www.opidemic.org).

## Hel kaalmo iyo khayraad ku saabsan balwadaha:

Wac 2-1-1. Booqo <https://211utah.org>  
ama ku iskaan garee koodhkan  
kameerada taleefankaaga ama  
taabletkaaga.

