

Uno in Opioid ekoba:

Heroin, fentanyl, im uno ko kar kōmālimi in bōk ñan kōjparok aṃ metak:

Vicodin (*hydrocodone*) Percocet
OxyContin (*oxycodone*) Methadone
Dilaudid (*hydromorphone*) ...im jet ko
MS Contin (*morphine*)

- Ñe juon ej idak nimen opioid laṃṃṃ jān ānbwinin emaroñ bōke, emaroñ wōtṃṃ, bōjrak in menono, im mij.
- Kōṃṃṃṃ in bōk uno emaroñ kōtōprak iloan jekōn ak awa.
- Jabdewōt juon eo ej idak uno in opioid emaroñ tōprak laṃṃṃ in bōke.

Kauwōtata in Kōṃṃṃṃ in Bōk Uno in Opioid

- **Kōjinoe in bōk opioid ālikin jet kakkije.** Edikṃṃṃ an kajoor in bōbrae iuṃwin jet raan.
- **Idaak nimen opioid ippān** kadek, benzodiazepines/ "downers," cocaine, oak methamphetamine. Ekōmetak baṃ im menono jān jitable uno ko rekajoor.
- **Jabdewōt an bōk uno in heroin** kōn an erreō im kajoor.
- **Bōkejabdewōt batin eo ejab lewōj jān taktō.** Jekdoon jikin kwaar bōke, e bōlen fentanyl.
- **Idaak nimeṃ unoelōñṃṃ ikutkut ak elōñṃṃ joñan** jān joñan kar kōmālimi eok.
- Nañinmej ñan baṃ ak menono.

Ewanlōñṃṃ noṃba in mij kōn Fentanyl ilo WA State.

Ekajoorṃṃ Fentanyl jān jet opioid im emaroñ mōkaj kōṃṃṃṃ an bōk uno in. Ejab maroñ in lale in ejjelṃṃ nām ñan fentanyl. Ilo WA, iet ṃṃṃṃ batin fentanyl ñe ejab tok jān pharmacy. Barāinwōt emaroñ iloan bōta.

Ewi wāween imaroñ bōk naloxone?

Naloxone (Narcan®) ej juon uno kar kōmālimi in bōk ñan kōbōjrak kein waṃṃṃ kōn opioid ilo tōrein jidik im jibañ kamenono armej eo.

Emaroñ bōke Naloxone kōn wā ñan ṃṃṃṃ ak kabtūtṃṃṃṃ bōtin. Epidodo ñan kōjerbale im ejjelṃṃṃṃ kauwōtata.

Tal ñan stopoverdose.org ñan lale ñe ewōr naloxone ippān pharmacy, taktō, ak health department ipelaakiṃ.

Men in jibañ

Washington Recovery Helpline (24 awa jibañ kōn idiñ im jilkinṃṃ ñan bōk jibañ)

warecoveryhelpline.org, 1-866-789-1511

Ro ri leṃṃṃ Suboxone/buprenorphine
tinyurl.com/bup-locator

Meleṃṃ kōn uno ko ñan kōjparok aṃur in opioid im kōdikṃṃṃṃ kauwōtata kon laṃṃṃṃ in bōke.

learnabouttreatment.org

Edik meleṃṃ ilo pepa in jān meleṃṃ ilo kilaaj an ri kemourour im ri-kaki in ājmour ilo wāween uwaak ñan idiñ. Ñan bōk laṃṃṃṃ in meleṃṃ lale:
stopoverdose.org

Kar kōṃṃṃṃ jān
(kar bar jeje 6/2021):



Ejibañ ukook kōn:

Washington State
Health Care Authority



Kōṃṃṃṃ an Bōk Uno in Opioid



Ñe kwōjelā kajjien juon eo ej idak batin opioid, fentanyl, ak heroin...

...kwōnaaj kar jeṃṃ ta eo in kōṃṃṃṃ ñe eṃṃṃṃ in bōk uno ko rekajoor?

Meleṃṃ in maroñ kōjparok juon mour.

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Buñtōn ñan bōke ilo idiñ in ļapļok in bōk uno ko rekajoor

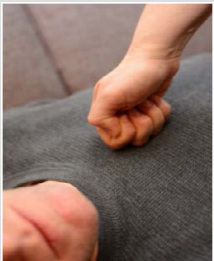
1 Lale: emaroñ ke idiñ in ļapļok in bōk uno in opioid?

Lale im roñjake:

- Edik ak ejjeļok menono
- Kokopkop, jeekļok, ak ñortak
- Emenokadu im piļo kilin.
- Būlu ak kūre tien im addin pein
- Bato in batin, kein wā, ak kadek



Kajjieoñ im kōruje.



- Kwōn kajkaje im kūre etan.
- Buul irri ion diin ubōn ippān mōkwōj peim.

**Ñe ejab ruj,
kwōj aikuj maķōj.**

2 Kebaak 911.



- Kwaļok jikiñ im jiroñ ke armej eo ejab menono.
- Kwōjab aikuj kōnono kōn uno ko rekajoor ak uno ko kemour.

3 Leļok naloxone im kamenono ubōn.

- **Leļok naloxone eo.** Ļoori kein meļeļe ion kein jibañ ak ilo kein jibañ ñan kemourur.
- **Kamenono ubōn.**
- Ñe rej jab maķūt iuñwin 3-5 minit, leļok bar juon **wā in naloxone. Wanmaañļok in kamenono ubōn.**



**Kamenono ubōn meñe ejjeļok naloxone.
Elukkun aurōk oxygen ilo menono!**

4 Pād wōt ippān.

- Ñe ejab ruj ak jinoin menono, pād wōt ippān.
- **Lale er mae iien etōprak jibañ in kemourur.** Ejako naloxone iuñwin 30-90 minit. Ñe ejako, armej eo emaroñ bar kōbōjrak in menono.
- Ñe kwōj aikuj moot, kwōn jedtake iloan jekjekin kemourur im ilo juon jikin emaroñ pukote.



Kien eo an Good Samaritan

Ñe kwōj bōk jibañ in kemourur kōn ļapļok in bōk uno ko rekajoor ak bajjin in kadek, kwe im ro renañinmej eban kalbuuj kōn an bōk uno ko rekajoor, kōjparoke, ak kadek meñe kwe dikļok jān ded in maroñ in idaak.



WA RCW 69.50.315

Kamenono Ubōn



- Kōjjād bōran tulōñ. Kotak jimwin ñiin. Jibwe boñin.
- Ejurjet **2 uuki menono.** Ekotak ubōn.
- Uuki **1 ļap in menono ajej 5 jekōn otemje.**
- **Kate wōt** ñan kamenono mae iien eo ejinoe in menono akō etōprak jibañ.

Jekjekin Mour-tak

