

# Kailaali suntaAlaabta Nadiifinta

Nadiifintu waa hab muhiim ah oo lagu yareen karo jeermiska. Si kastaba ha ahaatee, caruur badan oo yaryar ayaa ku sumooday alaabto loogu talagalay in lagu dilo jeermiska. Liqitaanka xitaa xadd yar oo alaabtan ah waxay sumayn kartaa carruurta. Suntu waxay keeni kartaa jahawareer, matag, hurdo la'aan, suuxdin, dhib xaga neefsashada, iyo xataa dhimasho. Raac talooyinka hoose si aad u ilaaliso badbaadada carruurta.

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## Dhaqso samay

La xiriir Xakamaynta Sunta haddii aad u malaynayso in ilmuhu liqay ama taabtay shay iyaga wax yeeli kara.

**Wac: 800-222-1222**  
(lacag la'aan)

**Booqo: [www.poison.org](http://www.poison.org)**

Xakamaynta Suntu waxay ku hadashaa luqado badan. Waxay kuu sheegi karaan waxaad samaynayso. Adeegyadan ayaa la heli karaa wakhti kasta.

**Wac 911 haddii ilmuhu uu dhaco ama uu neefsan waayo.**

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## Isku Diyaari

Ku keydi taleefankaaga lambarka taleefanka ee Xakamaynta Sunta. Ku dheji meel u dhow taleefoon kasta oo gurigaaga yaalo.

Ka Baro sida looga hortago sumowga  
**[www.poison.org](http://www.poison.org)**.



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## Akhri summada

Raac tilmaamaha dhalada ku kor yaalo marka aad isticmaalayso alaabta nadiifinta. Markaad isticmaalayso alaabada qaarkood, waxa laga yaabaa inaad u baahato inaad xirato galoofyada ama inaad furto daaqad. Alaabooyinka qaarkood waa inaan waligood lagu qasin alaabooyin kale.

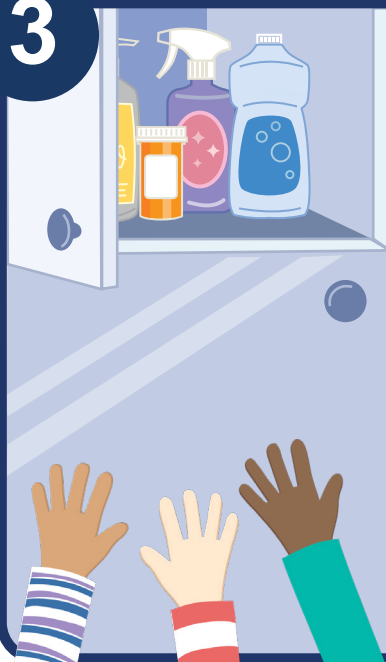
Nadiifiyayaasha gacmaha qaarkood ammaan ma aha. Hubi in gacmo nadiifiyahaagu aanu ku jirin wax la yiraahdo methanol. Hubi liiska [gacmo nadiifiyayaasha ay tahay inaad isticmaalin](#) si aad u ogaatid haddii taadu ammaan tahay. Nadiifiyegacmeedka waa inaan loo isticmaalin dhallaanka ama socod-baradka kayar da'da 2 asno. Saabuunta iyo biyuhu waxay u shaqeeyaan sida ugu fiican ee gacmaha loo dhaqo.



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## Ka ilaali meel la gaar karo

Ku hay alaabta weelkooda asalka ah. Tan waxaa ka mid ah saabuunta dharka iyo weelka dhaqida, gacmo nadiifiyaha, iyo alaabta nadiifinta. Ku kaydi meel aanay carruurta ka gaari karin. Haddii aad ku kaydiso dhalooyin yaryar oo gacmo nadiifiyaha ah boorsooyinka, bacaha xafaayadda, ama baabuurta, ka fogee carruurta.



National Center on

Health, Behavioral Health, and Safety

**1-888-227-5125**

**[health@ecetta.info](mailto:health@ecetta.info)**