



# HA U GUDBIN.

Waxaad carruurtaada ka dhigi kartaa kuwo badbaado iyo caafimaad leh adigoo markaasi aan isticmaalayn maandooriyaha marijuana marka aad uurka leedahay ama aad naas-nuujinayso.

## **MARKA AAD UURKA LEEDAHAY:**

**Waxaa suuragal ah in ay dhibaato u geysato ilmahaaga** haddii aad isticmaasho maandooriyaha marijuana ee nooc kasta leh wakhti kasta oo ka mid ah inta aad uurka leedahay. Tani waxaa ka mid cabidda, cunidda iyo nuugidda maandooriyaha marijuana.

Ma jirto qiyaas la garanayo oo badbaado leh oo la isticmaalo maandooriyaha marijuana inta uurka la leeyahay.

## **HADDII AAD TAHAY QOF NAAS-NUUJINAYSA:**

Kimikada THC ee ku jirta maandooriyaha marijuana waxay geli kartaa caanaha naasaha iyadoo **ay suuragal ah in ay dhibaato u geysato ilmahaaga.**

Kimikada THC waa magac kale oo ay leedahay Tetrahydrocannabinol (THC), oo ah kimikada ku jirta maandooriyaha marijuana ee kaa dhigta in aad shakhraanto.

## **LA HADAL DHAKHTARKAAGA:**

Haddii aad uur leedahay ama ka fakarayso in aad uur yeelato, ama haddii aad tahay qof naas-nuujinaysa, oo aad u baahan tahay taageero ah sidii aad u joojin lahayd maandooriyaha marijuana.

Haddii aad maandooriyaha marijuana u isticmaalayso daawo ahaan oo aad rabto in aad ka hadasho waxyaalaha kuu bannaan oo aan dhibaato halis ah u geysanayn ilmahaaga.

**Haddii ilmahaagu cuno ama cabo waxyaalo ka samayn maandooriyaha marijuana, waxaad sida ugu dhakhsaha badan u wacdaa Khadka bilaashka ah ee Xarunta Sunta (Poison Center Hotline): 1-800-222-1222.**