

Arkool im Kaajiriri



Ñe kwōj kōmman bulāan kwōj māroñ in idāak arkool jōt ien im kaajiriri/kaniññin.

Ejjab eman ñe kwōj kaajiriri ajiri eo nejūm ilo am idāak arkool ippān menko jōtāinwōt benzodiazepine akō opioid ko.

Ta in arkool?

Arkoot ej juōn "kein ka wōtlak" eok im ej kōmman bwe en rumij lak am menono, an bum ubom, im wāwein an kōmalij eo am tōpar enbwinnim. Arkool eped ia bia, wine, dān ko ewōr mal, liquor, im jōt kain uno.

Arkool emāroñ in deļoñ e miliik ko ej kōmman jān armij?

Aet. Joñan arkool eo ilo ubom/miliik in am kaniññin enij joñan wōt arkool eo ilo bōtōktōk eo am. Joñan arkool ekajur lap ilo miliik eo am 30-60 minit elikin am idāak arkool. Ekajur jako 2-3 awa elikin am idāak juōn dān.

Ta eo kwōj kōmmane mokta, ilo tōrre eo, im elikin am idāāk arkool

Mokta jān am idāāk arkool:

- Bulāān in kaniññin ajiri eo nejūm. Baṃ im kakwōne miliik eo am, wia bota in miliik, akō wia miliik ko jān armij ro jōt.
- Mōñā im baṃ mokta jān am jinoe idāāk. Baṃ miliik im moña ej kadiklak joñan arkool eo enij pād ilo enbwinnim.

Elikin am idāāk arkool:

- Kwōj māroñ in kōmman limen ajiri eo nejūm miliik bota, miliik eo kwar wia jān armij, akō miliik eo kwar baṃ mokta jān am idāāk arkool.
- Kwōj māroñ in baṃ bwe en eman lak am mour im jolōk miliik eo kwōj baṃ ñan ñe ejelōk arkool ie.
- Ikukut am baṃ ej kōmman juōn wāwein eo eman ñan am najidiñ ajiri eo nejūm im kōjbarōk joñan miliik eo kwōj kōmmane.
- Kwōj māroñ in kōjerbale juōn ub/miliik in kaniññin kein teej in lale joñan arkool ñan am jellā ñe ejelōk arkool ilo miliik eo am.

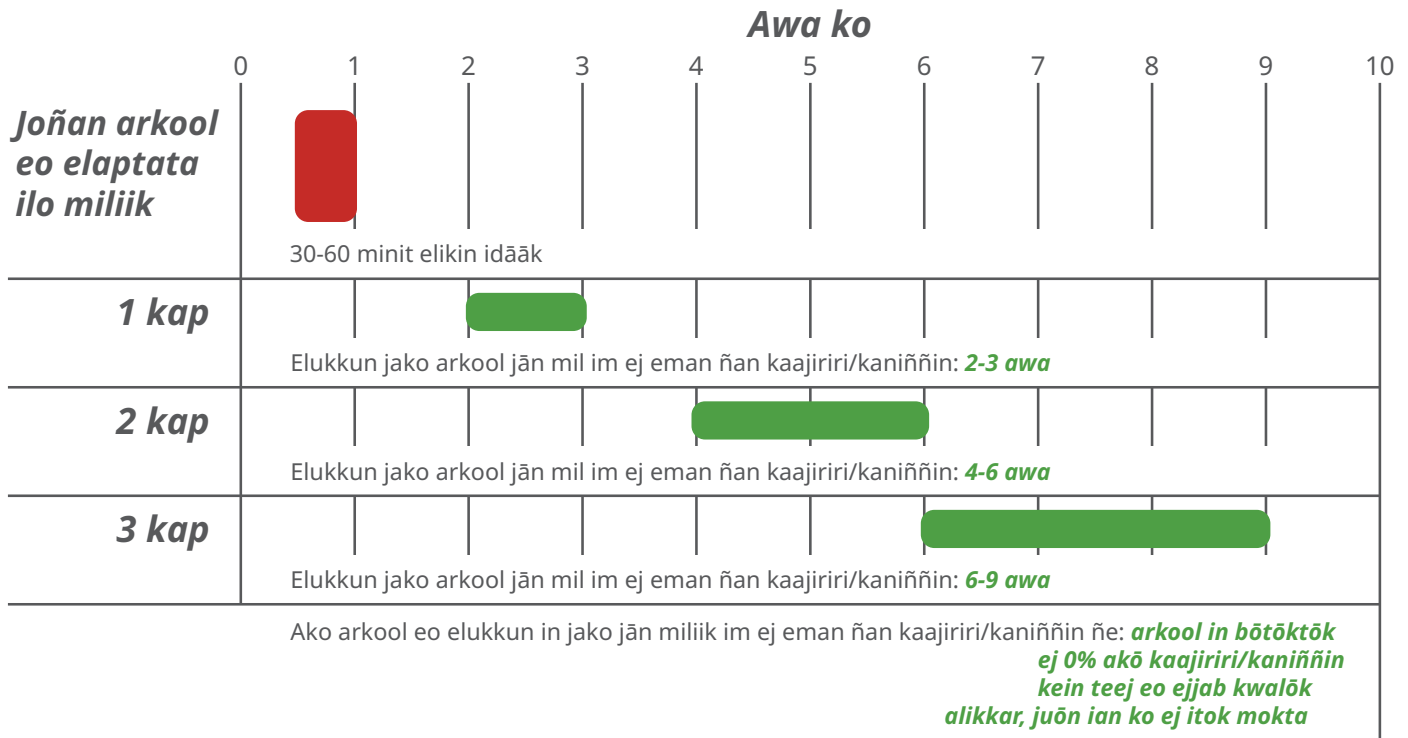
Ewi joñan to in am aiku in baṃ im jolōk miliik eo am mokta jān kaajiriri/kaniññin bar juōn alen?

<i>Ñe joñan eddo eo am ej:</i>	<i>Kwōj aiku in kōttar aitoklak ilo kajojo dān mokta jān am kajiriri/kaniññin (joñan mil eo am enij ejelōk arkool ie):</i>
90 paun (lb) (40.8 kilogram (kg))	2 awa 50 minit (170 minit)
120 lb (52.2 kg)	2 awa 30 minit (150 minit)
150 lb (68.0 kg)	2 awa 14 minit (134 minit)
180 lb (81.6 kg)	2 awa 1 minit (121 minit)
210 lb (95.3 kg)	1 awa 51 minit (111 minit)

Ta in joñan dān eo eman?

12 fl oz in BIA	8-9 fl oz in MALT LIQUOR	5 fl oz in TEBŌL WINE	3-4 fl oz in FORTIFIED WINE	2-3 fl oz in CORDIAL, LIQUEU OF APERTIF	1.5 fl oz in BRANDY AKO COGNAC (juōn wōt kap akō jōt)	1.5 fl oz akō jōt in 80-KAIN SPIRIT KO (gin, rum, tequila, vodka, whiskey, bar jot.)
						
<i>Emāroñ 5% arkool</i>	<i>Emāroñ 7% arkool</i>	<i>Emāroñ 12% arkool</i>	<i>Emāroñ 17% arkool</i>	<i>Emāroñ 24% arkool</i>	<i>Emāroñ 40% arkool</i>	<i>Emāroñ 40% arkool</i>

Arkool ilo miliik eo am elikin am idāāk



Kōjbarōk eok im ajiri eo nejūm bwe en eman amiro ejmour

- Bōk juōn vitamin ewōr iodin im leen wōjke ko emeram kōlar ko aer im pejtōbō! ñan kaḷapḷok kajur ilo miliik eo am.
- Kōnnaan ippān jikin taktō eo an ajiri eo ñe elapḷok an ajiri eo mejki jān mokta, ebin an ṁōñā akō ñe ebin lojen.
- Bukōt juōn rilale ilo ien eo kwōj idāāk.
- Jab ettor elikin am idāāk arkool.
- Kajeoñ jab kiki tūrin ajiri eo nejūm elikin am idāāk arkool. Kwōj pād ilo kauwōtata elap ilo am kōmman jorāān ñan ajiri eo nejūm. Karōk in kiki eo elapḷok an kōjbarōk ej ñan am pād ilowaan juōn wōt ruum ippān ajiri eo nejūm ilo an lōñ an māke jikin kiki.
- Kwōj māroñ in kadiklak jorāān ko ñan ajiri eo nejūm ilo am kadiklak am idāāk arkool, kōmman bwe en jab ikutkut am idāāk, im kōttar ñan ñe miliik eo am ejelōk arkool ie ñan kaniññin ajiri eo nejūm.
- Kōjbarōk jikin kakwōn arkool im uno ko rekajur. Elaptata an aurōk ñe ewōr ajiri ro jōt ilo mweo imōm.



- **Ñe kwōj lōmṁak ajiri eo nejūm emōj an orañḷok arkool**, kūrḷok Poison Control (Jikin Kantūrol Baijin) ilo 800-222-1222.
- **Kurḷok 911** ñe ajiri eo nejūm erumij lak an menono, bōjrak an menono, ben an ruj, ñe kilin akō tien ej kōlar būlu, emōjno, elap an mejki, akō emōj an jino emmōj im/akō bidodo lojen im enak bōjrak.



Wāwein an arkool jelōt an ajiri

Arkool emāroñ in kōmman bwe en nana tamin ajiri, diiklak an ruj kōmalij ko aer, im diik aer makutkut, kakūre wāwein an kiki, im kōmman bwe en laplok lojeir im emmōjlaak. Ewōr bar jorāān ko im rej walok ñan eddeklak eo an enbwinnim im kōmalij eo an im emāroñ in jelōt an eddeklak enbwinnin.

Ejjab eman ñan kaniññin ajiri eo nejūm ilo am idāāk arkool ippān benzodiazepine, opioid akō menko jōt rekajur.

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Arkool ej kakūre kij ko rej aurōk ñan kaajiriri im miliik. Elikin 1-2 dān, kōrā ko rej kaniññin rej kōmman $\frac{3}{4}$ joñan miliik āinwōt tōrre eo rejjab dāāk arkool. Kajon jab idāāk arkool ñan ñe enij jino wōr am miliik, akō ñe ebin am kōmman miliik im/akō burooblem ko ilo an duōj.

Kadiklak am idāāk

Kwōj ke idāāk elaplok jān juōn alen juōn raan, lap am idāāk (4+ dān ko ilo juōn ien), akō kwōj ke eñjake ke kwōj aikuj in kadiklak am idāāk jān mokta? Kōnnaan ippān jikin taktō eo am akō kūrlok [Washington Recovery Help Line \(Lain in Jibāñ Ejmour an Armij ilo Washington\)](#) (ilo Kajin Pälle) ilo 866-789-1511 ñan jibāñ akō melele ko kin wāwein am jolok akō kadiklak am kōjerbale.

Armij rej kōjerbale naan ko rej oktak ñan kōmmelele kin enbwinnier. Jōt jinen akō jemen ajiri rekar ukōte enbwinnier rej kōjerbale "ūb" ijelakin "niñniñ." Ilo pepa in, jej kōjerbale kaniññin im kaajiriri āinwōt naan ko rej juōn wōt. Kaajiriri ej juōn wāwein eo im enbwinnim ej kōmman miliik ñan an naajidiñ ajiri ro.