

# PEBA EO KIN MEĒLE KO REJIMWE KIN OPIOID: KEJBARŌK AN JAB BŌD KŌJERBALE IM WĀWEEN KŌMADMŌD



## TA KO REJ OPIOID?

Opioid, jet ien jej bar kūr wūno ko rekajur, rej joñan wūno ko ekoba kein jolqk metak ko taktō ej lewaj im wūno kajur ko rejab melim iomwin kakien.

Oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, fentanyl im heroin rej aoleb waanjoñok in opioid ko im ebar lōñlqk.



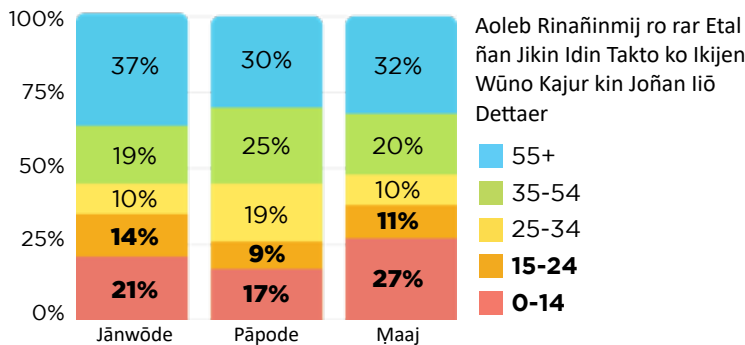
Fentanyl ej juon opioid ko rej kōmmāni ilo jikin wūno ko im joñan kajur eo kobban ej

**50x** **100x**

kajurlqk jen heroin

kajurlqk jen morphine

## MEĒLE KO ILO HAWAI'I 2022



Waller, V. (2022, Oktoba 5). Ripoot eo an Juon Iiō jen Aoleben State eo an Hawai'i Kin An Le Jen Joñan Kōjēbal Wūno im Katak kin Nañinmij (Drug Overdose Surveillance & Epidemiology, DOSE) – Iiō aļōmñak 2021 & kuwata mñōkal 2022, Laulima Data Alliance (Doulul eo an Laulima kin Mejele). [Kwalqk Mejele ilo PowerPoint]. Bōbrae an Le jen Joñan Kōjēbal Opioid im Methamphetamine, Hawai'i, Honolulu, HI, United States (jen jikin ko rettolqk).

## KEJBAROK AN JAB BŌD AN ARMIJ KŌKERBAL OPIOID

- Kakwōne wūno ko ilo jikin ko rettino.
- Tiljek am jolqk wūno ko kwar jab kōjēbali. Lale [hawaiiopioid.org](http://hawaiiopioid.org) ñan jikin ko rej bōki bwe in wūno ko. Raan eo an Aoleben Aelon eo ñan Ebōk Wūno ko Jejab Kōjēbal ej lewaj elōñlqk jikin ko kwōmaron boklqk wūno kein ilo aoleb ien spring im fall, lale [dea.gov/takebackday](http://dea.gov/takebackday) ñan mejele ko relablqk.
- Bōki wūno ko einwōt an taktō eo am kōmejele. Jab lelqk wūno ko am jen taktō bwe armij ro jet ren kōjēbali.
- Kōmñane juon jikin eo ejellqk uwōta in kenono kin uwōta ko rej walqk ilo ad ebōk wūno im wūno kajur ko jet.

## KAKŌĻLE KE ELE JEN JOÑAN AN ARMIJ KAR KŌJERBAL OPIOID

- Ejab uwaak ak ejajelokijen
- Erralqk, mojno, ak ejab emmenono ak ejab paam menono
- Ainikien pok ak kworkwor
- Ejab makūtkūt enbwin
- Molo im/ak menokadu kil
- Tie ak akiin ba rekaler būlu, kurae, ak mouj
- "Ijuun mejān" edik, jab bellqk ilo meram

## MENNIN JIBAÑ KO

- Kabōk jibañ ilo am kūrllqk Hawai'i CARES ilo 1-800-753-6879 ñe ejab etal ñan [findtreatment.gov/](http://findtreatment.gov/).
- Ebōk wūno in kōmadmōd eo kin an kar le jen joñan am bōke opioid. Jabdewōt emaron ebōk naloxone ilo Hawai'i.
- Kabōk naloxone ilo: [hawaiiopioid.org/prevent-overdose/](http://hawaiiopioid.org/prevent-overdose/) ak [hhrc.org/naloxone](http://hhrc.org/naloxone).
- Mejele ko relablqk rebed ilo [cdc.gov/opioids/index.html](http://cdc.gov/opioids/index.html).

## ÑE KWŌJ LOMNAK ELE JEN JOÑAN AN KAR JUON EBŌK WŪNO

1

Kall ae lqk 911 ilo ien eo wōt.

2

Ñe ewōr, lelqk naloxone.

3

Kajeon kōmadmōd bwe armij eo ej ruj im emmenono. Ñe ejellqk paam in menono ak ejab menono, jinooe am kōmñane CPR.

4

Kababu im kaūlūl armij eo bwe enjab pok.

5

Bed ibben armij eo mae ien etōbar waj kumi ko eo ej jibañ kōmadmōd ilo idin ien jorrāan.