

Xaqiiqooyin la xiriira

# Dejiyayaasha

The facts about Tranquillisers

FRANK

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Lambarkaan kore waxaad ka helaysaa dad  
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Somali

## Sidee ayay dejiyayaashu (tranquillisers) dadka u saameeyaan?

Dadku waxay dejiyayaasha qaataan muddo gaaban si ay gacan uga gaystaan xallinta dhibaatooyinka noloshooda soo food saarta, sida qof sii dhimanaya oo kale.

Hase yesshee dadka qaarkiis muddo dheer ayay maan dooriyayaashaan isticmaalaan. Haddii ay sidaas yeelaan dejiyayaashu shaqadooda way gabaan. Iyagoon shaqaynayn oon waxba u tarayn ayay dadka dhibaatooyinka badan qabaayi waxay is tusaan inay qaadashadooda sii wadaan.

Caqli xumo aad u wayn ayay noqon kartaa in hal mar la joojiyo qaadashada maan dooriyayaashaan. Qofku wuxuu qaadashadooda joojin karaa oo kaliya iyadoo uu dhakhtarku arrintaa ka kaalmeeyo.

### Sidee ayay dejiyayaashu u egyihiin?

Waa kiniiniyo midabbo kala duwan leh.

### Sidee ayay dadku dejiyayaasha u qaataan?

Waa la liqaa.

### Magacyada kale ee dejiyayaasha

Waxay leeyihiin magacyo kiimiko oo dhab ah sida Valium iyo Ativan. Waxaa kaloo loo yaqaan kiniiniyada hurdada iyo tranx.

### Immisa lacag ah ayay dejiyayaashu joogaan?

Dhakhtarrada ayaa bixiya. Dadka qaarkiis ma aha inay wax lacag ah daawooyinka ku iibsadaan.

### Sharci ahaan ma la oggol yahay?

Sharci ahaan lama oggola in qofna dejiyayaasha haysto iyadoo uusan dhakhtar u qorin.

### What do tranquillisers do to people?

People take tranquillisers for a short time to help them deal with a problem in their life, such as someone dying.

However some people take these drugs for a long time. When this happens, the tranquillisers stop working. Even though they do not work, people with lots of problems feel they have to keep taking them.

It can be very nasty to stop taking these drugs suddenly. A person should only stop taking them with the help of a doctor.

### What do tranquillisers look like?

They are pills that come in different colours.

### How do people take tranquillisers?

They are swallowed.

### Other names for tranquillisers

They have proper 'chemical' names like Valium and Ativan. They are also called sleeping pills and tranx.

### How much do tranquillisers cost?

They are from doctors. Some people do not have to pay for these medicines.

### Are they legal?

It is against the law to have tranquillisers unless a doctor gives them to a person.