

Xaqiiqooyin la xiriira

Cocaine iyo Crack

The facts about
Cocaine and Crack

FRANK

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Lambarkaan kore waxaad ka helaysaa dad
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Somali

Sidee ayay cocaine iyo crack dadka u saameeyaan?

Maan dooriyayaashaani waxay dadka siiyaan firfircooni iyo kalsooni dheeraad ah. Saamayntaasina waxay ku dhammaataa dhawr daqiiqo oo kaliya. Si ay saamayntaasi u raagto dadku waa inay qaataan cocaine ama crack dheeraad ah. Qofka aad u isticmaala cocaine ama crack wuxuu toddobaad kasta ku kharash garayn karaa lacag dhan £400.

Cocaine iyo crack waxay qofka u keeni karaan:

- walwal aan sabab lahayn;
- inuu u maleeyo in dadku ay shirqool u dhigayaan ama aysan jeclayn;

- inuu u maleeyo in qof kasta cadow u yahay;
- in nolol maalmeedku uu ku adkaado maan dooriyayaashaan la'aantood.

Cocaine iyo crack waxay kaloo keeni karaan:

- wadne xanuun halis ah;
- sankaa oo waxyeello soo gaarto (haddii qofku uu sankaa ka qaato);
- dhuunta oo wax noqota (haddii qofku uu crack sida sigaarka u dhuuqo);

- qofka oo u muuqda mid jirran oo caato ah;
- dhiigga oo sumooba, HIV/AIDS iyo cagaarshow in la qaado haddii la isku duro.

Sidee u egyihiin cocaine iyo crack?

Cocaine waa budo cad.

Crack waa dhagax yar oo cad oo sabiibta le'eg.

Sidee ayay dadku cocaineka iyo cracka u qaataan?

Cocaine ka sankaa laga jiidaa. Cracka sida sigaarka loo dhuuqaa. Labada maan dooriyaba waa la isku duri karaa iyadoo irbad iyo siliinge la isticmaalayo. Haddii qofku uu cocaine iyo crack isku duro waxay aad ugu dhowdahay inuu iska badiyo (wax badan qaato).

Magacyada kale ee cocaine ka iyo crack

Cocaine waxaa kaloo loo yaqaan charlie, coke iyo snow.

Crack waa nooc kale oo cocaine ah. Waxaa kaloo loo yaqaan stone, wash iyo rock.

Immisa lacag ah ayay cocaine iyo crack joogaan?

Hal garaam oo cocaine ahi wuxuu joogaa inta u dhexeysa £40-£80. Crack isaga dhagixiisa ayaa ilaa £20 jooga laakiin marmarka qaarkood dhagaxa ayaa qaybo yaryar loo sii jajabiyaa.

Sharci ahaan ma la oggol yahay?

Maya. Sharcigu ma oggola in aad cocaine ama crack haysato (sida inaad jeebka ku haysato) ama gurigaaga ay yaallaan. Waana sharci darro inaad cocaine iyo crack iibisid ama qof siisid, xataa hadday saaxiibadaa yihiin dadka aad siinaysid.

What do cocaine and crack do to people?

These drugs give people more energy and confidence.

These effects only last for a few minutes. To keep the effects, people have to take more cocaine or crack. A person who takes a lot of cocaine or crack could spend £400 a week.

Cocaine and crack can make a person:

- worried for no reason;
- think other people want to hurt them or don't like them;
- think everyone is against them;
- unable to get through the day without these drugs.

Cocaine and crack can also cause:

- serious heart problems;
- damage to the nose (if a person sniffs cocaine);
- lung problems (if a person smokes crack);
- people to look thin and ill;
- blood poisoning, HIV/AIDS and hepatitis if people inject them.

What do cocaine and crack look like?

Cocaine is a white powder.

Crack is a small white stone about the size of a raisin.

How do people take cocaine and crack?

Cocaine is sniffed up the nose. Crack is smoked. Both drugs can be injected with a needle and syringe. If a person injects cocaine or crack, they are more likely to 'overdose' (take too much).

Other names for cocaine and crack

Cocaine is also called charlie, coke and snow. Crack is another type of cocaine. It is also called stone, wash and rock.

How much do cocaine and crack cost?

Cocaine costs about £40-£80 for a gram. Crack costs about £20 for a rock but sometimes this can be cut into smaller parts.

Are they legal?

No. It is against the law to have cocaine or crack on you (for example, in your pockets) or in your house. It is also illegal to sell or give cocaine and crack to anyone, even friends.