

Xaqiiqooyin la xiriira

# Heroin

The facts about Heroin

FRANK

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Lambarkaan kore waxaad ka helaysaa dad  
afkaaga kugula hadlaya.

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Somali

## Sidee ayay heroin dadka u saameeysaa?

Dadku waxay heroinka u qaataan si ay dhibaatooyinka la soo darsa uga baxsadaan. Dadka isticmaalaa waxay yiraahdeen waxay na dareensiisaa sidii annagoo buste diirran ku duuduubn oo kale.

Dadka heroinka aad u isticmaalaayi waxay dareemaan inaysan la'aantiis noolaan karin. Aad bay u bukoodaan haddii aysan heroin qaadan. Sababtaan awgeed ayay dadka qaarkiis £300 toddobaad kasta heroin ku bixiyaan.

Dadka maan dooriyahaan aadka u qaataayi waxay u muuqdaan dad jirran oo aad caato u ah.

Haddii maan dooriyahaan la isku duro wuxuu keeni karaa dhiigga oo sumooba, HIV/AIDS iyo cagaarshow.

### Sidee ayuu heroinku u egyahay?

Waa budo dugul, caddaan ama caddaan xigeen ah.

### Sidee ayay dadku heroinka u qaataan?

Waxaa sidii sigaarka loogu dhuuqi karaa warqad adag ama waa la isku duraa iyadoo la adeegsanayo irbad iyo siliinge. Haddii qofku uu heroinka isku duro, waxay aad ugu dhowdahay inuu iska badiyo (wax badan qaato).

### Magacyada kale ee heroin

Maan dooriyahaan waxaa kaloo loo yaqaan H, skag iyo smack.

### Immisa lacag ah ayuu heroinku joogaa?

Halkii garaam ayaa £40-£80 jooga.

### Sharci ahaan ma la oggol yahay?

Maya. Sharciigu ma oggola in aad heroin haysato (sida inaad jeebka ku haysato) ama gurigaaga uu yaallo. Waana sharci darro inaad heroin iibisid ama qof siisid, xataa hadday saaxiibadaa yihiin dadka aad siinaysid.

### What does heroin do to people?

People take heroin to escape from their problems. They say that it feels like being wrapped in a warm blanket.

People who use heroin a lot feel that they cannot get through the day without taking it. They become very ill if they do not take heroin. Because of this, some people spend £300 a week on heroin.

People who take this drug a lot will look very thin and ill.

Injecting this drug can cause blood poisoning, HIV/AIDS and hepatitis.

### What does heroin look like?

It is a brown, white or grey powder.

### How do people take heroin?

It can be smoked on tin foil or injected with a needle and syringe. If a person injects heroin they are more likely to 'overdose' (take too much).

### Other names for heroin

This drug is also called H, skag and smack.

### How much does heroin cost?

It costs £40-£80 for a gram.

### Is it legal?

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