



Si Amaan ah U Isticmaal Dawada

Marka aad jiratid, dawooyinku waxay kaa gargaari karaan inaad soo fiicnaatid. Laakiin wax bay ku yeeli karaan haddii

aanad u qaadan sida uu kuu sheegay dhakhtarkaagu ama farmasiiluhu. Ka hor inta aanad isticmaalin wax dawooyin ah, akhri qoraalka ku yaalal!

Waxa jira laba nooc oo ah dawooyin:

Dawooyinka la libso Warqad Dhakhtar La'aan (Over-the-Counter) (OTC) - Waa dawo aad iibsas kartid adiga oo aan haysan warqad dhakhtar.

Dawooyinka dhakhtar qoro - Dhakhtarkaaga ayaa kuu qoraya warqad u sheegaysa farmasiilaha waxa aad u baahan tahay. Waxa aad dawada ka soo qaadanaysaa miiska dawooyinka.

Dhakhtarkaaga ama farmasiilaha ayaa kaa gargaari kara in aad dawada si amaan ah u qaadatid. Waxa laga yaabaa in ay dhib tahay sidii loo akhriyi lahaa qoraalada ku yaala dawooyinka. U hubso inaad su'aalo weydiisid. Waxa laga yaabaa inaad wax ku noqotid haddii aad qaadatid wax ka badan hal dawo adiga oo aan dhakhtarka u sheegin.

Marka aad la hadashid dhakhtarkaaga ama farmasiilaha:

- U sheeg dawooyinka aad imminka qaadatid
- U sheeg dhakhtarkaaga haddii mar uun aad dhibaatooyin kala kulantay dawo
- U sheeg dhakhtarkaaga **wax kasta** oo aad qaadatid. Waxa taa ku jira fitamiinada iyo waxyaabaha isnafaqeynta loo qaato. Waxa kale oo ku jira dawooyinka guriga lagu sameysto ama dawooyinka dhaqanka oo ay ku jiraan dhirta ama geedaha ama waxyaabo kale.
- Iiis ka samee dawooyinkaaga si aad u tustid dhakhtarkaaga, ama soo qaado dawooyinkaaga.

Badbaadi naftaada iyo ilmahaaga yar. Waxa laga yaabaa in dawadu waxyeelayn karto ilmahaaga yar. U sheeg dhakhtarka ama farmasiilaha haddii aad uur leedahay. U sheeg dhakhtarka ama farmasiilaha haddii aad ilmo naas nuujisid.

Ka hor intaanad qaadan nooc **kasta** oo dawo ah, u hubso in aad taqaanid:

- Waxay tahay.
- Sababta aad u qaadanaysid.
- Haddii laga yaabaa inay hurdo-hurdo kugu rido karto ama ay kuu keenti karto dhibaato kale.
- Goorta aad qaadanaysid.
- Inta aad ka qaadanaysid.
- Mudada aad qaadan doontid.

- Waxa kale oo aad u baahan tahay inaad ogaatid waxyaabaha la rabo in **aanad** qaadan inta aad dawada qaadanaysid.

Cuntooyinka iyo cabitaanada qaarkood waxay dawada ka dhigi karaan mid dhakhso u shaqeysa. Qaarkoodna waxay keeni karaan inay si gaabis ah u shaqeeyso--- ama aanay shaqeynba. Sigaarka oo aad cabtid waxay wax ka beddeli kartaa sida dawooyinku u shaqeeyaan. Khamriga oo aad cabtid marka aad qaadanaysid dawooyinka qaarkood waxay noqon kartaa wax **aad** khatar u ah. Dawooyinka qaarkood waxay kuu keeni karaan dhibaatooyin xiitaa haddii aad si sax ah u qaadatid. Wac dhakhtarkaaga ama farmasiilaha haddii aad u maleynaysid in dawadu kaaga sii dartay. Marka aad guriga tagtid, eeg in dawadu u eeg tahay caadi. Haddii aanay u eekeyn, ha isticmaalin! Ku celi farmasiilaha.



Xusuuso in dad badani rumeysan yihiin in haddii dhakhtarku aanu dawo u qorin dhibaataada haysata daraadeed in markaa wixii ay lacagta u bixiyeen aanay helin. Laakiin se taasi run aha. Dawada oo qaad qaadatid

marka aanad u baahnayn uma xuma kaliya caafimaadkaaga, waxa kale oo ay noqon kartaa wax halis ah iyo waliba lacag khasaartay. Haddii aan lagu qorin dawo, taa macnaheedu waxa weeye waxa aad qabtaa xaalad aan u baahnayn dawo. Tusaale ahaan, fayrasyo ayaa keena hargabka. Antibiyootikadu waxba kama tarto fayrasyada. Nasasho iyo cabitaano ayaa ah dawada ugu fiican hargabka.

Waxa jira saddex fikradood oo amaanka ku saabsan:

1. Marka aad iibsatid dawo, u hubso in aan hore loo sii furin. Marka aad joogtid dukaanka, u hubso in aan baakada la furin. Haddii la furay, u sheeg qof ka shaqeeya dukaanka.
2. **Abidkaa marna** ha qaadan dawada loo soo qoray qof kale.
3. **Dhamaan** dawooyinka ka fogee caruurta. Kabadh ama araamajo xidhan ayaa ugu fiican.

Ma qabtaa su'aalo ku saabsan dawadaada? Soo wac 1-888-INFO-FDA (1-888-463-6332). Ama, gal barta internetka ee ku taala www.fda.gov.

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