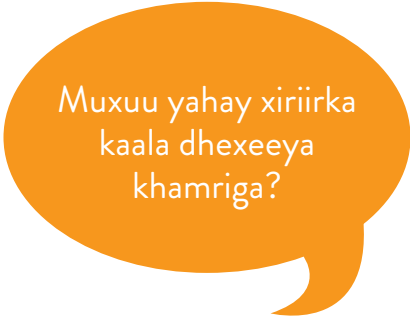


# KHAMRI



REGION  
KRONBERG



Muxuu yahay xiriirka  
kaala dhexeeya  
khamriga?

## KHAMRI

Haddaannu dad nahay, waan kala duduwannahay. Intra khamri ee aan dul qaad u leennahay waa ay kala duwantahay, siyaabo kala duduwan ayaanna uga fal celinnaa. Inteenna badan waxaan khamri cabnaa annagoo saaxiibbo la joogna, maxaa yeelay saasi waa ay fiicantahay. Qaar waxay noqon karaan kuwo faraxsan oo rayn-rayn dareemaya, kuwo kalana waxay dareemayaan daal, rabshad badnaan ama niyad jab. Dadka badankoodu waa ay dareemaan goorta ay tahay in ay cabidda joojiyaan, qaar kalana waa ay ku adagtahay in ay xad isu yeelaan. Isticmaalidda khamrigu waxay caafimaadka ku saameyn kartaa in si joogto ah loo cabo taasoo keenaysa in ay waqtiga dheer saameyso xubnaha jirka, iyo in marmar aad loo cabo oo keenaysa waxa loogu yeero khamri ku sumoobid. Isticmaalidda khamriga ee khatarta ahi waa marka ay isticmaaliddu saameyn karto caafimaadka, laakin ma jiraan heerar aamin ah oo ku aaddan isticmaalidda khamrigu.





Khamrigu wuxuu  
saameyn karyaa  
caafimaadkaaga.

## QIYAASTA HAGAHA

**KHATARKA ISTICMAALKA, IYADDA AAN LOO EEAGAYNIN JINISIGA**

*Isku celcelinta saree e isticmaalka*  
10 ama wax ka badan heerka  
galasyada/toddobaadka

*Cabida badan*  
4 ama wax ka badan heerka galasyada  
isla hal munasaabad, hal jeer bishii

### **Tusaalooyinka galasyada caadiga ah waa**

12–15 cl Khamri\*\*  
2x 33 cl Biir, Alkohol yea  
50 cl biiri dhexdhexaad ah  
33 cl biir xoogan  
4 cl calaqa xoogan



\*\*Qadarka waxay ku xiran tahay  
awoodda/khamriga mugg ahaan  
khamriga

# IS TIJAABI ADIGU

Qoro inta galaas ee dhexdhexaad ah ee aad cabtid muddo hal usbuuc ah. Isu geey markaas inta galaas ee aad cabtay.

	<b>Biir fudud</b> 2x33 cl	<b>Biir shacbi ah</b> gesac 50 cl	<b>Biir adag</b> dhallo 33 cl	<b>Wayn</b> galaas 12-15 cl	<b>Isbiriit</b> galaas 4 cl
Isniin					
Talaado					
Arbaco					
Khamiis					
Jimco					
Sabti					
Axad					
<b>Isu geyn</b>					

Natijadaada barbar dhig qiyaasta hagaha isticmaalidda khatarta ah, inteed ku jirtaa? Haddii aad ku jirtid heer isticmaalid oo khatar ah, todobaad kale sii buuxi ee eeg fursadaha aad u leedahid in aad isbeddel sameysid. Xaggeed wax hoos u dhigi kartaa?

	<b>Biir fudud</b> 2x33 cl	<b>Biir shacbi ah</b> gesac 50 cl	<b>Biir adag</b> dhallo 33 cl	<b>Wayn</b> galaas 12-15 cl	<b>Isbiriit</b> galaas 4 cl
Isniin					
Talaado					
Arbaco					
Khamiis					
Jimco					
Sabti					
Axad					
<b>Isu geyn</b>					

## XADKA KHATARTU WUU KA HOOSEYN KARYAA HADDII TUSAALE AHAAN

- ➔ aad qabtid dhibaatooyin xagga caafimaadka ah oo uu khamrigaagu saameyn karyo
- ➔ aad dawo qaadatid
- ➔ aadan maskax ahaan fiicneyn
- ➔ ay qaraabadaadu khamriga dhibaato ku qabaan

Waa wax qof walba u gooni ah inta uu qofku cabi karyo isagoo aysan khamri cabiddu dhaawac u geysan. Halbeegta qaran waa in loo arkaa wax guud.

### CAB...

- Mid dhaaf galaas biyaa u cab
- Dooro cabitaan aan khamri lahayn
- Si tartiib ah

### HA CABIN...

- Si aad oon u bi'isid
- Caloosha oo ku meran
- Haddii aad dareemeysid daal, niyad jab iyo caro, khamradu waxay xoojisaa dareenka

## KHATAR SARE

Haddii uu qofku cabyo khamri heerkiisu khatar badan yahay wuxuu halis ugu jirayaa in uu la kulmo dhibaatooyin la xiriira caafimaadka iyo bulshada sida:

- dhibaato xagga xiriirrada ah
- jiha wareer xagga hurdada ah
- daal
- xanaag
- madax xanuun
- shilal
- dhibaato xagga caloosha ah
- welwel
- niyad jab
- dhiig kar
- kansar



## MACLUUMAAD DHEERAAD AH OO KHAMRIGA KU SAABSAN

**[www.1177.se](http://www.1177.se)**

Ka hoos akhriso Caafimaad iyo qaab nololeed/  
Khamri iyo sigaar-iyu tubaako

**[www.alkoholjalpen.se](http://www.alkoholjalpen.se)**

**[www.omsystembolaget.se/alkohol-  
problematik](http://www.omsystembolaget.se/alkohol-problematik)**

**Khadka khamriga** 020-84 44 48

**Haddii aad rabtid talo iyo taageero –  
rugtaada caafimaadka ama waaxda  
caafimaadka ee daryeelka aasaasiga  
ah kala xiriir** 0470-59 22 90