

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Isticmaalka /Isticmaal-xumidda Daroogada - 1**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Substance Use/Abuse - 1**

SOMALI

<p>Mudane Ba and Mudane Adam waxay marmarka qaarkood ka helaan inay wada-jir u cabaan khamriga biirka loo yaqaano ka dib shaqada. Waxay bardeen sharciyada Maraykanka ee ku saabsan khamriga. Waa inaad jirtid 21 sannadood ama aad ka weyn tahay si aad khamri ugu cabtid gudaha Maraykanka. Mudane Ba iyo Mudane Adam labadooduba way gaadheen da'da lagu cabi karo khamri, laakiin waa inay haystaan aqoonsi ay ku xaqiijinayaan da'dooda.</p>	<p>Mr. Ba and Mr. Adam sometimes enjoy getting together to have a beer after work. They have learned about the laws in America about alcohol. You must be 21 years of age or older to drink alcohol in America. Mr. Ba and Mr. Adam are both old enough to drink, but must have identification to prove their age.</p>
<p>Si weyn ayey u tahay khatar waana <i>sharci-daro</i> in la kaxeeyo baabuur haddii aad soo cabtay khamri. Sababtan daraadeed, waxay sii sameystaan qorsheyaal gaadiid oo kale. Haddii lagu qabto adiga oo baabuur wada oo soo cabay khamri ama soo qaatay daroogo ama maandooriye kale, waxa aad halis galinaysaa sharcigaaga joogitaanka Maraykanka waana lagu musaafurinkaraa.</p>	<p>It is very dangerous and <i>illegal</i> to drive a car if you have been drinking alcohol. For this reason, they make other transportation plans. If you are caught driving while under the influence of alcohol or other drugs, you jeopardize your immigration status and you can be deported.</p>
<p>Xusuusnow in <i>dawooyinka</i> ay kugu ridi karaan daal ama hurdo-hurdo, oo ay ammaan-daro ka dhigi karaan inaad kaxeysid baabuur. Taasi waxay gaar ahaan dhab tahay marka aad qaadatid dawooyinka xanuunka qaarkood: kuwaasi waxay <i>si gaar ah</i> khatar u noqon karaan haddii aad khamri cabtid marka aad qaadanaysid dawada.</p>	<p>Remember that some <i>medicines</i> can make you tired or sleepy, and make it unsafe for you to drive. This is especially true of some pain medications: these can be <i>especially</i> dangerous if you drink alcohol while taking the medicine.</p>
<p>Qaadka ama jaadka sidoo kale waa sharci-daro gudaha Maraykanka. Isticmaalka ama iibinta walaxdan waxa uu halis galin karaa sharcigaaga joogitaanka Maraykanka waana lagu musaafurin karaa.</p>	<p>Khat/Kat/Qat is also illegal in America. Using or selling this substance will also jeopardize your immigration status and get you deported.</p>

<p>Waxa kale oo laga yaabaa inay jiraan walxo <i>kale</i> oo maanka dooriya ama lagu sakhraamo, oo aad ku isticmaali jirtay wadankii aad hore ugu noolayd, ay sidoo kale sharci-daro ka yihiin gudaha Maraykanka, waxana ku jira walxo dabiici ah ama dhir. U hubso si aad u ogaatid.</p>	<p>Some <i>other</i> intoxicating substances used in the country where you lived before may also be illegal in America, including natural substances or plants. Be sure to check.</p>
<p>Tubaakada iyo sigaarku waa sharci gudaha Maraykanka, laakiin lama oggala in sigaar lagu cabo gudaha badi dhismeyaasha. Qiiqa tubaakada ama sigaarku si weyn buu caafimaadka ugu xun yahay—uma xuma kaliya sigaar-cabka, laakiin waxa kale oo uu u xun yahay qoysaskooda iyo cid kale oo <i>kasta</i> oo neefsata qiiqa ku jira qolka sababta oo ah waxay u dhow yihiin qofka sigaarka cabaya.</p>	<p>Tobacco and cigarettes are legal in America, but smoking is not permitted inside most buildings. Tobacco smoke is very unhealthy—not only for smokers, but also for their families and any <i>other</i> people who breathe smoke in the room because they are close to a person who smokes.</p>