

# Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya Utumizi/Utumizi mbaya wa Mihadarati - 1

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

### SWAHILI

<p>Bw. Ba na Bw. Adam wakati mwingine hufurahia, kukutana kunywa bia baada ya kazi. Wamejifunza kuhusu sheria za <b>pombe</b> nchini Marekani.</p> <p>Lazima uwe na umri wa miaka 21 au zaidi, ili kunywa pombe nchini Marekani. Bw. Ba na Bw. Adam wana umri unaofaa ili kunywa pombe, lakini lazima wawe na <b>kitambulisho</b> ili <b>kuthibitisha</b> umri wao.</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.</p> <p>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>Ni hatari sana na <i>kinyume cha sheria</i> <b>kuendesha gari</b> kama umekunywa pombe. Kwa sababu hii, ni lazima wafanye mipango mingi ya kusafiri.</p> <p>Ukipatikana unaendesha gari baada ya kunywa pombe au dawa nyingine, unahatarisha hadhi yako ya uhamiaji na unaweza kufukuzwa nchini.</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.</p> <p>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>Kumbuka ya kwamba baadhi ya <b>dawa</b> zinaweza kukufanya uhisi mchovu au usingizi, na hukufanya usiwe salama kwako kuendesha gari. Hii ni kweli haswa kwa baadhi ya <b>dawa za maumivu</b>: Hizi zinaweza kuwa hatari <i>haswa</i> kama unakunywa <b>pombe</b> wakati unapotumia dawa.</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><b>Mmea unaoitwa Khat au Miraa</b> hauruhusiwi kisheria nchini Marekani. Kutumia au kuuza bidhaa, hii huatarisha pia hadhi yako ya uhamiaji na unaweza kufukuzwa nchini.</p> <p>Baadhi ya bidhaa <i>nyingine</i> zinazoleweshwa, zinazotumika katika nchi uliyokuwa ukiishi zamani, huenda pia haziruhusiwi kisheria nchini Marekani, <i>pamoja na bidhaa asilia au mimea</i>. Hakikisha kama ni halali.</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>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><b>Tumbaku na sigara</b> zinaruhusiwa kisheria nchini Marekani, lakini uvutaji hauruhusiwi ndani ya majengo mengi. <b>Moshi</b> wa tumbaku ni mbaya sana - sio kwa wavutaji sigara tu, bali pia kwa familia zao na watu wengine wanaovuta hewa ya moshi wa sigara chumbani, kwa sababu wako karibu na mtu anayevuta sigara.</p>	<p><b>Tobacco and cigarettes</b> are legal in America, but smoking is not permitted inside most buildings. Tobacco <b>smoke</b> 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>