

ድህነት ብልጽግና ጥሪናቸውን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም

አልኮላዊ መስተታተ መድኃኒት ዕጽ ፋርስ ምትካሽ - 1

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

<p>አቶ ባን አቶ አዳምን ሓደ ሓደ ጊዜ ካብ ስርሖም ምስ ወጹ ብሓበራ ቢራ እንዳ ሰተዩ ጊዚ እም የሕልፍዎ እዮም። ብዛዕባ ሕጊ ናይ አልኮላዊ መስተ አብ አሜሪካ ተማሂሮም እዮም። አብ አሜሪካ አልኮላዊ መስተ ክትሰቲ፣ ወዲ 21 ዓመትን ካብኡ ንላዕሊ ክትከውን አሎካ። አቶ ባን አቶ አዳምን ክልቲኦም ንክሰትዩ እኹላት እዮም ፣ግናኹ ንዕድሚኦም ዘረጋግጽ መንነት ኪህልዎም ናይ ግድን እዩ።</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>መስተ ሰቲኻ መኪና ንክትመርሕ አዝዩ ሓደገኛን ዘይሕጋውን እዩ። በዚ ምክንያት እዚ ካልእ መደብ መንግሥታዊ ይጥቅሙ። እንተደኣ ብአልኮላዊ መስተ ካልእ ከም ዕጽ ፋርስ ተጸሊኻ መኪና ክትዝውር ተታሒዝካ፣ ናይ ኢሚግሬሽን ወረቆትካ ተሰሪዙ ካብ ሃገር ኪትሰጎግ ይኸኣል እዩ።</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>ገለ ገለ መድኃኒታት ከድክሙኻን ከደቅሱኻን ይኸእሉ እዮም፣ ንምዝዋር ከአ ጥዕና ኣይህቡኻን እዮም። እዚ ከም ምስ ከም ፈውሲ ቃንዛ ዚኣመሰሉ ሓቂ እዩ። እዚ እም ብፍላይ መድኃኒት እናወሰድካ አልኮላዊ መስተ ክትሰቲ ሓደገኛታት እዮም ።</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>ጫት ኣብ ኣሜሪካ ዘይሕጋዊ እዩ። ጫት ምጥቃምን ምሻጥን ካኣ ንናይ ኢሚግራሽን ወረቓት መንበሪካ ምስራዝን ካብ ሃገር ምስጓጉን የኸትሉ እዩ።</p> <p>ገለገለ መርዛም ነገራት ኣብ ዝጸናሕካሉ ሃገር ክትጥቀመሎም ዝጸናሕካ፣ ኣብ ኣሜሪካ ዘይሕጋውያን እዮም፣ ዋላውን ተፎጥራዊ ነገራትን ኢታክልትን እንተኮነ። ከምዘፍቐድ ርግጸኛ ኩን ከተረጋግጽ።</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>ትምባኸን ሽጋራን ኣብ ኣሜሪካ ሕጋውያን እዮም፣ ግናኸ ኣብ ውሽጢ መብዛሕትኦም ህንጻታት ፍቕዳት ኣይኮኑን።</p> <p>ትምባኸ ዝጥቀም ጥዕና የብሉን፣ ነቶም ዘትክኹ ጥራይ ዘይኮነስ፣ ንስድራቤቶምን ንካልኦትውን ኣብ ውሽጢ ክፍሊ ነቶም ዘትክኹ ዘተንፍሱውን። ምክንያቱ ኣብ ጥቓ እቲ ዘትክኹ ስለዘለዉ።</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>

Text is from 'Safe, Smart and Healthy: Keys to Success in Your New Home' created by the Ohio Department of Job and Family Services - Refugee Services Section. This handout has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Blanket Purchase Agreement No. HHSN276201400002B.