



Washington State Liquor Control Board

Misamu ikola

Bazyali ncobelede kuzyiba

Bunji bwaba kubusi taba sali kubelesya misamu ikola.

Nokuba boobo, bamwi bala sola, alimwi bamwi bala zumanana kulubelesya.

Ubongo bulazumanana kukomena kusika myaka ili makumi obile ayi sanu. Ikubelesya kufumbwa misamu, kubikilizya a misamu ikola, zikonzya kunyonganya kwa bongo.

Kubelesya misamu ikola kulayungizya bukaka ku mapenzi a zyalwiiyo. Mapenzi a misamu ikola ku kwiiya, mizezo, alimwi a kukulwaila nga kweta buyumuyumu mu cikolo.

**Mwaambe ca kufwambana.
Mwaambe lyoonse lyoonse.**

- Nduwe wakusanguna ikulangizya bumi bwa mwana wako.
- Kufwambana kwaamba alimwi a kwamba lyonse lyonse makani a kusala kuli kabotu.
- Mubike bulangizyi.
- Amuyizye milawo alimwi kudinkaila zytobela.

Kuzyiba zinji zya kujatikizya misamu ikola:

[www.Learn About MarijuanaWA.org](http://www.LearnAboutMarijuanaWA.org)
alimwi www.drugfree.org

Kuzyibizya ba WSLCB amutume email:

prevention@liq.wa.gov

Kuti kuli umwi ngomuzyi upenzyengwa kujatikizya kubelesya lubanje, amutume:

Washington Recovery Helpline ku 1.866.789.1511

Kutambula bulembo obu munzila imwi amutumine ba agency ADA coordinator ku (360) 664-1783.



Washington State
Department of Social
& Health Services

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Zyiba Masimpe

Misamu ikola tilangilwi kutachisa

Misamu ikola ila impanya lunvwano, alimwi akubona zintu, ila nyonganya kwiya alimwi amizezo, alimwi kulibilika, kulibilika kwiindilila alimiwi akuciswa mumizezo. Buvuntausi butondezya kuti omwe abakubusi bali lusela babelesya misamu ikola a myaka ili ikumi a omwe baba biyo basikulangila.

Bubi bwaku fweba misamu ikola kulanga akulya zyakulya zyakubwa misamu ikola buliindene indene. Kuyoya busi bwa misyobo misyobo kunyonyauna mapunga. Ikulya zyakulya zyakubwa misamu ikola inga kweta ntenda nkambo citola ciindi ikuti zizwao zimvwingwe. Ncubauba kulya mubunji nkambo zizwao zilamuka kuboneka.

Misamu ikola yakulivwisya kabotu lulijisi myaka mpolusimpila. Balike biyo abo bali a myaka ili makumi obile a omwe alimwi abaabo bairinda aliyeeyo mbeelede kujanika a misamu ikola, acipimo ca 1 ounce lwa misamu ikola lunga lwabeleseghwa, 16 ounces luyumu ,alimwi 72 ounces mumusyobo wa menda.

Nkomukonzya kubelesya misamu ikola takuli ku masena manji. Misamu ikola tikonzyi kubelesyegwa mu buleya. Tizumizyigwi mu manyika a milawo alimwi a munji mu masena a cizo.

Cisubulo cabaabo babelesya misamu ikola bali a myaka itasiki a makumi obile a omwe ncipati. Kuti nkoli a mwaka utasiki a makumi obile a omwe ulakonzya kujanwa a mulandu wa kujanika a misamu ikola upegwa wa bakubusi. Kuti kojisi kwindilila a ma gramu makumi one (40), mulandu wamu kabunga ka mubbala lya C (\$10,000 naa/alimwi myaka ikumi mu ntolongo.

Tacili kabotu kuti bazyali kabaabana misamu ikola a bana babo. Kupa misamu ikola ku mwana munini mulandu.