



# Ka Badbaadi Caruurtaada Sunta Ka Dhalata Rinjiga

Protect Your Child from Lead Poisoning

## Waa maxay sunta maartu?

Sunta ka dhalata rinjiga waxa ay ilmahaaga u geysan kartaa dhaawac khatar ah, sida dhaawac joogta oo ka soo gaara dabeecadda ama maskaxda. Haddii aad uur leedahay marka ay ku soo gaarto sunta rinjiga, waxaa dhaawac soo gaari karaa ilmaha aad caloosha ku sido. Sunta rinjiga ka dhalata waxaa inta badan lagu arkaa guryaha la dhisay wixii ka horeeyey 1978. Waxa kale oo suntan laga helaa alaabada ilmaha ku ciyaaraan ee duqa ah iyo kuwa dibadda laga keeno, nacnaca dibadda laga keeno, tubooyinka wasakhda ee duqooba, iyo goobaha shaqada ka socoto qaarkood. Liis dhameystiran oo faahfaahin la socoto, ka akhri bogga internetka ee CDC. <https://www.cdc.gov/lead-prevention/prevention/index.html>.

Caruurta da'doodu ka yar tahay 6 jir ayaa aad khatar ugu jira. Caruurta qaarkood laguma arko calaamadaha muujinaya sunta. Kuwo kale, calaamadaha lagu arko waxaa ka mid ah duray ama daal (aad u daalan, hurdo badan, calool xauun, matag)

Caruurta waxa aad sunta kaga ilaalin kartaa ama aad ku yareyn kartaa heerka sunta jirkooda horey u gashay 4 shay ayaad u baahan tahay in aad xusuusnaato:

1. Yareynta in ay suntu soo gaarto
2. Baaritaan
3. Jirkooda laga baaro
4. Cunto nafaqo leh



## Yareynta in ay suntu soo gaarto

Meelo badan ayaa sunta laga helaa, sida rinjiga, warqadaha gidaarka lagu dhajiyo, khadda, batariga, qalabka lagu ciyaaro ee duuga ah iyo tubada biyaha. Ilmaha qaar ayaa afka gashta rinjiga ka soo fuqa darbiga. Waxa kale oo ay afka gashtaan waxyaabaha busta ah ee dusha sare ku leh sunta rinjiga. Waxaa jira habab aad ku hubin karto in caruurtaadu ka nabad galeen.

- **Haddii aad sunta rinjiga ka dhalata aad ku aragtay gurigaaga**, wargeli dadka aqoonta u leh oo ha xalliyaan. Adiga ha isku dayin hana ogolaan in qof aan aqoon u laheyn uu isku dayo inuu xaliyo. Haddii aad degan tahay guri kiro ah, la xiriir mulkiilaha guriga sida ugu dhaqsaha badan si uu u xaliyo. Halkan ka akhriso xogta urursan ee [Sunta Rinjiga Ka Dhalata Iyo Xuquuqda Kireystaha](#).
- **Mar kasta gacmaha caruurta**, gaar ahaan marka ay dibadda ku soo ciyaaraan, cunto cunidda ka hor.

- **Mar kasta dhaq waxyaabaha ay ilmuhu ku ciyaaraan.**
- **La soco haddii loo yeero oo la soo celiyo alaabada ilmuhu ku ciyaaraan iyo qalabka guriga.** Bogga Gudiga Amaanka Badeecada ayaad ka heleysaan liiska badeecada dib loogu yeero in la soo celiyo ee looga shakiyo sunta rinjiga ka dhalata. [www.cpsc.gov/en/Recalls/](http://www.cpsc.gov/en/Recalls/)
- **Gurigaaga nadiifi oo ka nadiifi busta intii suurogal ah.** Sida ugu wanaagsan ee busta loo tirtiro waa adiga oo ku masaxa maro qoyan, daaqadaha maro qoyan ku tirtir oo dhaq oogada sare. Isku dar biyo diiran iyo saabuunta weelka lagu dhaqo oo ay ku jiraan soodiyam foosfate (TSP). Biyaha ku shub musqusha isticmaalka ka dib. Xiro gacmo gashi marka aad nadiifineyso. Tuur roogagga duqooba, isbuunyada, iyo madaxa hore ee xaaqinka balaastigga ah ee wax lagu xaaqo.
- **Ka fogee caruurta rinjiga soo daata iyo dildilaaca daaqadaha.** Sidoo kale, alaabada guriga taal ka fogee rinjiga soo daadanaya iyo daaqadaha si aanay curuurtu ugu boodin.
- **Nadiifi dibadda** Madaxa hore ee guriga, waddo lugeedka, wadada gawaarida, iyo dhinaca dhismaha si aad uga nadiifiso rinjiga soo daata iyo busta.
- **Kabaha dibadda ku siib inta aadan soo gelin guriga** ama hubi in aad si fiican u tirtirto oo dibadda kaga tagto. Taasi waxa ay guriga ka ilaalineysaa kabaha wasakhda leh in aan lala soo gelin.
- **Iska bedel dharka aad ku shaqeyso** oo qubeyso ka hor inta aadan guriga imaan haddii aad ka shaqeyso shaqo la xiriirta sunta rinjiga. Dhaq dharka oo haku darin dharka kale ee qoyska. Sunta rinjiga ka dhalata waxaa lagu isticmaalaa waxyaabo kala duwan sida dayactirka haanta biyaha ee gawaarida, warshadaha sameeya batariga gawaarida iyo kuwa mila sunta rinjiga ku jira.
- **Ka baar sunta rinjiga ka dhalata ka hor inta aadan dayactirin ama rinjiga aadan ka qaadin.** Marna ha xoqin, gubin, ama burbruin rinjiga ilaa aad hubto in uusan sunta rinjiga ka dhalata. Waxaa ka dhalan kara busta rinjigu oo ilmuhu neef ahaan u qaadan karaan.
- **Dabool meelaha lagu arko sunta rinjiga ka dhalata.** Waxa aad ku dabooli kartaa waraaq, sharooto, ama balaastik. Isticmaalin joornaal farta ku daabacan ay khad tahay.
- **Qashinka daaradda dabool saar mar kasta.** Qashinka qaarkiis waxa ku dhalan kara sunta rinjiga oo ka dhalata qaaca gawaarida ama rinjiga dibadda guriga. Wasaqda ku dabool caws, dhir, alwaax la jarjaray, ama ciid.
- **Tuur ama dib u isticmaal joornaalada ama buugta lagu madadaasho.** Khadda warqadaha waxa ay keeni kartaa sunta rinjiga ka dhalata.



## Baaritaan / Dhiig Qaadid

Sida kaliya ee lagu ogaado in ilmahaaga ay soo gaartay sunta rinjiga ka dhalata waa iyada oo dhakhtar dhiig laga qaado. Waa in dhiigga laga qaadaa cududda, ma aha faraha hore.

- Dhamaan carruurta da'doodu u dhaxayso 9 bilood ilaa iyo 15 bilood waa in ugu yaraan hal mar dhiigooda laga baaraa ledhka.
- Dhamaan carruurta da'doodu u dhaxayso 18 bilood ilaa iyo 24 bilood waa in ugu yaraan hal mar dhiigooda laga baaraa ledhka.
- Dhamaan carruurta da'doodu u dhaxayso 25 bilood iyo 5 sanno jirka ah waa in dhiigooda laga baaraa ledhka haddii aan mar laga baarin markay 24 bilood jiradeed. Ama haddii ay khatar u yihiin ka ag dhawaan ledh.
- Dhamaan Carruurta da'doodu yu dhaxayso 6 ilaa iyo 17 waa in laga baaraa dhiigooda ledh haddii ay khatar u yihiin ka ag dhawaan ledh.
- Ha la baaro cunugaagga markiiba haddii gurigaaga ama goob ilmaha laguugu hayaa ay hareeraha daaqadahoodu boor leeyihiin rinjiguna uu ka soo fuqfuqay.
- **Haweenka uurka leh waa in laga baaraa xilliga uurka.** Haweenka oo sunta jirkooda ku jirto ay aad u sareeyso waxa ay dhaawac u geysataa ilmaha caloosha ku jira.
- **Dhiig farta laga qaado kuma filna.** Dhab ahaantii taas kuma filna. Dhakhtarkaaga weydii inuu dhiigga ka qaado gacanta ilmaha, ee faraha ma aha.

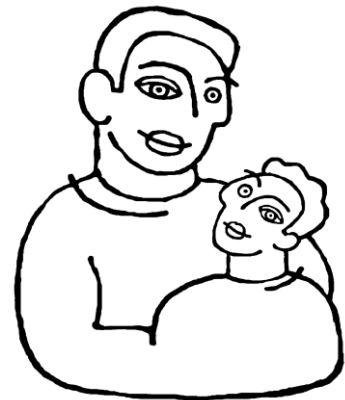
## Tijaabin Gurigaaga ah

- Haddii aad tahay kireyste oo rinjiga gurigaaga **jajabayo ama soo daadanayo**, weydiiso mulkiilaha inuu degdeg uga baaro. Halkan ka akhriso xogta urursan ee our fact sheet [Sunta Rinjiqa Ka Dhalata Iyo Xuquuqda Kireystaha](#), macluumaad dheeraad ayaad ka heli kartaa.
- Haddii tubooyinka biyaha guriga lagu rakibay wixii ka horeeyey 1985kii waxaa laga yaabaa in sunta laga helo. Haddii tubooyinka biyaha guriga lagu rakibay wixii ka horeeyey 1930kii waxaa laga yaabaa in sunta laga helo. **Waxaa laga yaabaa in aad u baahan tahay in biyaha tubada lagu sameeyo baaritaan.**
- Goobaha ganacsiga ayaad ka heli kartaa baaritaanka sunta rinjiga oo qiime jaban ah. Waxa ay baaritaan ku sameeyaan rinjiga, biyaha, wasakhda, iyo waxyaabaha kale ee laga heli karo sunta rinjiga ka dhalata. La soo xiriir Waaxda Caafimaadka ee (651) 201-4620 si aadu ogaato shirkadaha baaritaanka sameeya ee degaankaaga.

## Cunto Nafaqo Leh

- **Ka fogoow cuntada dufanka badan leh.** Duxdu waxa ay fududeysaa in ay jirka gasho sunta rinjiga ka dhalata.

- **Ilmahaaga quudi 3da waqti iyo 2 jeer oo cunto fudud ah.** Suntu si fudud uma gasho marka calooshu buuxdo.
- **Cuntada iyo caanaha caruurta biyo qaboow ku kari.** Biyuhu ha socdaan daqiiqad inta aadan ka shuban. Haddii ay suurogal tahay, isticmaal biyaha dhalada. **Cuntada ku keydso dhalo ama caag, laakiin gasac haku keydsan.** Gasacyada ka sameysan waxaa laga yaabaa in laga helo sunta rinjiga ka dhalata si loogu dahaaro. Taas waxaa laga yaabaa in ay cuntada raacdo marka gasaca laga furo.
- **Ha isticmaalin weelasha cuntada ee duugga ah, ee dibadda laga keeno oo gacanta lagu sameeyey.** Rinjiga la marayo weelka duugga ah, suxuunta wadanka dibadda laga keeno, ama dheriga qaarkiis waxaa ku jira sunta rinjiga ka dhalata.
- **Ha isticmaalin daawo ay ku jirto suntan,** sida like Azarcon, Greta, Pay-loo-ah, Ghasard, Bala Gobi, Kanduu, Alkohol, ama Kohl.
- Ilmahaaga ku quudi cunto ay ku badan tahay birta, kaalshiyanka, iyo fitamiin C. kuwaasi waxa ay adkeeyaan in jirka ilmaha ay ku milanto sunta ka dhalata rinjiga. Akhri liiska hoos ku qoran.



### **Cuntada ay ku badan tahay birta:**

- Hilibka jiirta ah, cas
- Digaaga, khansiirka, ama hilibka cad
- Tuunada gasacadeysan, sardiiniga, ama selmon
- Siiryaalka birtu ku badan tahay (Cheerios ama Total)
- Sabiibka, miraha la qalajiyey
- Isbinaajka (koosto)
- Miraha cagaaran (mastardka, kaabajka ama)
- Digirta cas
- Qamadiga ama rooti qamadi ka sameysan
- Faasuuliyada
- Digir la solay
- Falfaliir
- Caanaha ilmaha ee birta badan leh

### **Cuntada ay ku badan tahay kaalshiyamka:**

- Caanaha
- Caanaha fadhiga ah
- Farmaajada
- Farmaajada Kooteejka
- Jalaatada, caanaha fadhiga ah iyo garoorka la adkeeye
- Ceeshka ka sameysan galeyda
- Digirta madoow
- Digirta garbanso
- Canjeerada Tofu ama digirta shiidan
- Salamoona gasacadeysan

## Cuntada Ay Ku Badan Tahay Fiitamiin C

- Oranjada
- Casiirka oraanjida
- Liimo banbeelmo
- Casiirka liinta banbeelmada
- Istawbaris
- Barakooli
- Miraha cagaaran (mastardka, kaabajka ama)
- Baradhada



## Macluumaad dheeraad ah oo ku saabsan sunta rinjiga ka dhalata iyo sida looga hortago ku sumowga:

### Waaxda Caafimaadka ee Minnesota (Minnesota Department of Health):

Telefoonka: 651-201-4620 (asbestos iyo unuga waaxda fulinta hawlaha maarta)

limey kula soo xiriir: [health.asbestos-lead@state.mn.us](mailto:health.asbestos-lead@state.mn.us)

Barta internetka ee: [www.health.state.mn.us/communities/environment/lead/](http://www.health.state.mn.us/communities/environment/lead/)

### Xarunta Macluumaadka Sunta Rinjiga Ka Dhalata ee Qaranka (The National Lead Information Center):

Telefoonka: 1-800-424-LEAD

Barta internetka [www.epa.gov/lead](http://www.epa.gov/lead)

### Waaxda Guryaha iyo Horumarinta Magaalooyinka (HUD):

Barta Internetka: [www.hud.gov/program\\_offices/healthy\\_homes/leadinfo](http://www.hud.gov/program_offices/healthy_homes/leadinfo)

*Xog Urursan oo ku saabsan macluumaadka sharciga MA AHA talo xagga sharciga. La tasho qareen. Ha isticmaalaan xogtan urursan haddi ay 1 sano ka soo wareegtay xilligii la daabacay. Weydiiso xogtii ugu dambaysay, liiska xogta urursan, ama aad ku hesho habab kale.*

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