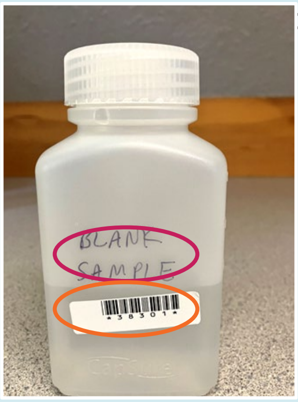
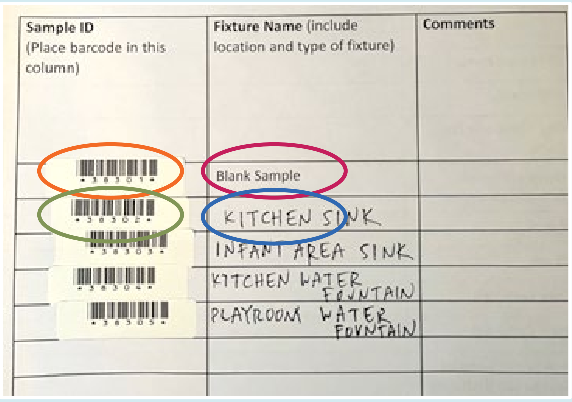
Tilmaamaha Qaadista Saambalada/Muunadaha Biyaha

Agabyada Ku Jira: Dhalooyinka muunad-qaadista, istiikarada baarkoodhka, muunad "maran" (dhalo muunad oo yar oo biyo ku jira), foomka kala sareynta masuuliyadda, bac (lagu ilaalinayo qallalsanaanta foomka).

1 **Aqoonso dhammaan qalabyada biyaha** ee loo isticmaalo cabida, wax karinta, ama in lagu sameeyo caanaha.

2 **Qalab kasta oo biyo ah u sameey magac u gaar ah** si markaa si fudud loogu aqoonsado. Magacaas ku qor dhalada muunada IYO foomka kala sareynta masuuliyadda. Muunad kastaa waxay leedahay laba istiikar oo baarkoodh leh. Hal istiikar si toos ah ugu dheji dhalada (isticmaal koolo haddii loo baahdo) mida kalana





3 **Diyaarso "muunada/dhalada maran,"** dhalada yar ee ay ku jiraan biyaha. Biyaha ku jira dhalada maran waxaad ku gedisaa dhalo muunad oo eber ah waxaadna tuurtaa dhalada lagu keenay. Hal istiikar oo baarkoodh leh waxaad si toos ah ugu dhejisaa dhalada muunada maran, istiikarka kalana waxaad ku dhejisaa foomka kala sareynta masuuliyadda qeybta kolomka horey loo sii buuxiyey ee “muunada maran.” Muunaddani waxay naga caawinaysaa in aan ogaanno in natiijooyinka baaritaankaaga ay sax yihiin.

4 **Muunadaha biyaha QABOW ka soo qaad** qalabyo aan la isticmaalin ilaa 8-18 saacadood. Muunado ugu horeeya soo qaad subaxdii hore kadib markii biyaha ay ku jireen habeenkii hore. Soo uruuri muunada biyaha isla markii aad furto tuubada ama gacanka tuubada, adigoon u oggolaan inay wax biyo ah ay daataan. Dhalo kasta oo muunad qaadista loogu talagalay ku buuxi biyo QABOW ah ilaa calaamda 250ml ee ku qoran dhalada.

Tilmaamaha Muunad-qaadista:

- **Ha isticmaalin** qalabka biyaha ilaa 8-18 saacadood kahor inta aanad muunada/saambalka ka qaadin.

  Si looga hortago dadka inay si aan ula kac ahayn u isticmaalaan biyaha kahor inta aan saambalka/muunada laga qaadin, waxaad xarig ku wareejin kartaa aagga kuna calaamadeyn kartaa calaamadda “ha isticmaalin”.
- **Ha isticmaalin** musqulaha, meelaha alaabta lagu dhaqo, ama qalabyada kale ee biyaha loo isticmaalo ee yaala xarunta subaxdii kahor intaan muunada/saambalka laga qaadin maadaama taasi ay carqaladayn karto biyaha aan rabno inaan baaritaan ku samayno.
- **Muunad/saambal ha ka qaadin** qalab aan la isticmaalin in ka badan 18 saacadood. Haddii xaruntaadu ay xiran tahay maalmaha dhamaadka usbuuca, muunad-qaadista **ha samayn** maalinta Isniinta, **hana samayn** muunad/saambal qaadista maalinta ugu horeysa ee kadib marka laga soo laabto fasax ama xirnaanshaha xarunta.
- **Ha ka saarin** qalabka hawo-saarista ama ha nadiifin kahor inta aan muunada/saambalka laga qaadin.
- **Muunad/saambal ka qaadista biyaha ayaa ah kuwo ku xiran wakhtiga.** Muunadaha/saambalka dib ugu soo celi boostada adigoo usoo diraya Department of Health (DOH, Department of Health) hal ama laba maalmood gudahood kadib markaad soo ururiso.

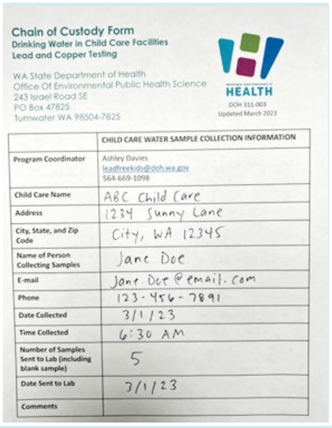
5 **Xaqiiji in foomka kala sareynta masuuliyadda la buuxiyay oo koobi gareyso ama sawir ka qaado foomka si aad ugu darsato diiwaannadaada.**

Tilmaamaha Ku Aadan Soo Dirista Muunadaha

Agabyada Ku Jira: Summada soo celinta muunada ee FedEx ee horay loo buuxiyey, sanduuqa lagu soo qaadayo saambalada (isticmaal isla sanduuqii alaabtaada lagu keenay), suufka nuugitaanka, warqadda cabbeynta.

1. **Waxaad suufka nuugista ee jaalaha ah dhigtaa xagga hoose ee sanduuqa** oo sanduuqa dhex dhig dhalooyinka sida adag loo xirey. Isticmaal warqadda cabbeynta si aad uga ilaaliso dhalooyinka saambalada biyaha inay dhaq-dhaqaaqaan.

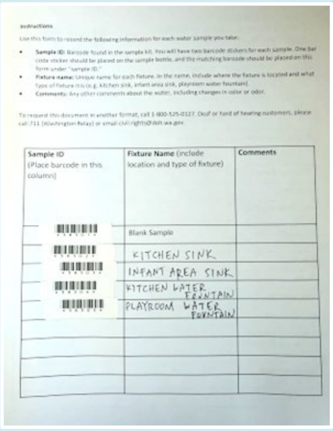
2. **Xaqiiji in foomka kala sareynta masuuliyadda uu dhamaystiran yahay** kuna rido bacda. Bacda waxaad dulsaartaa dhalooyinka saambalada ee ku jira sanduuqa.


Chain of Custody Form
Drinking Water in Child Care Facilities
Lead and Copper Testing

WA State Department of Health
Office Of Environmental Public Health Science
243 Israel Road SE
PO Box 47825
Tumwater WA 98504-7825

HEALTH
DOH 311-003
Updated March 2023

	CHILD CARE WATER SAMPLE COLLECTION INFORMATION
Program Coordinator	Ashley Davies leadfreekids@doh.wa.gov 564-669-1098
Child Care Name	ABC Child Care
Address	1234 Sunny Lane
City, State, and Zip Code	City, WA 12345
Name of Person Collecting Samples	Jane Doe
E-mail	Jane.Doe@email.com
Phone	123-456-7891
Date Collected	3/1/23
Time Collected	6:30 AM
Number of Samples Sent to Lab (including blank sample)	5
Date Sent to Lab	3/1/23
Comments	


Sample ID (Place barcode in this column)	Fixture Name (include location and type of fixture)	Comments
	Blank Sample	
	KITCHEN SINK	
	INFANT AREA SINK	
	KITCHEN WATER FOUNTAIN	
	PLAYROOM WATER FOUNTAIN	

3. **Ka saar qoraaladii hore ee boostada. Sanduuqa ku xir** sharootada baakadeynta, **summada FedEx ee horay loo buuxiyey ku dheji sanduuqa** (hayso nuqulka dhanka sare ah si aad ugu darsato diiwaannadaada), oo sanduuqa waxaad gaysaa goobta FedEx ee kuugu dhow ama wac FedEx si ay u soo qaadaan xirmada.

FedEx Express Package US Airbill 8177 2158 5523
0215 Sender's Copy
1 From
Sender's FedEx Account Number 4231-6308-9
Phone 360 236-2327
Company DOH ENVIRONMENTAL PHS
Address 243 ISRAEL RD SE
City TUMWATER State WA ZIP 98501-6415
2 Your Internal Billing Reference MI 25617230
3 To
Recipient's Name WENDY THOMAS Phone 206 418-5498
Company DEPT OF HEALTH PHL
Address 1610 NE 150TH ST
City SHORELINE State WA ZIP 98155-9701
0139912311
4 Express Package Service
5 Packaging
6 Special Handling and Delivery Signature Options
7 Payment
Ship it. Track it. Pay for it. All online.
611

4. **Iimayl noogu soo dir leadfreekids@doh.wa.gov** si aanu u ogaysiino shaybaarka in muunadaha ay jidka ku soo jiraan.

5. Waan kula soo xiriiri doonaa si aan kuugu soo sheegno natiijada baaritaanka biyahaaga waxaana la soo gelin doonaa websaydka iyadoo la raacinayo lambarka shatiga. Arrintani waxay caadi ahaan qaadataa 2-3 toddobaad kadib marka muunadaha/saambalada soo gaaraan shaybaarada.

Su'aalo ma qabtaa? Ma u baahan tahay Caawimaad?

Nagala soo xiriir leadfreekids@doh.wa.gov ama 564-669-1098.

Washington State Department of Health
DOH 311-002 March 2023
Si aad u codsato dukumiintigaan oo qaab kale ah, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeel udir civil.rights@doh.wa.gov