Uurka iyo Maadada lead-ka: Ma u baahanahay baaritaanka maadada lead-ka?

HAA	MAYA	Ma waxaad ...
◯	◯	ka timid mise dhawaan u safartay dal khatar sare u leh soo-gaadhista maadada lead-ka?
◯	◯	ma ka shaqeysaa maadada lead-ka shaqadaada ama hiwaayaddaada, mise ma la nooshahay qof sidaas sameeya?
◯	◯	ma ku nooshahay guri la dhisay ka hor 1978 oo la sameeyey dayactir ama dib u habeyn 12-kii bilood ee la soo dhaafay?
◯	◯	ma isticmaashaa daawooyin dhaqameed ama waxyaabaha maqaarka la mariyo, sida greta, azarcon, surma, ama kohl?
◯	◯	ma isticmaashaa xawaash, kaabayaasha cunto, ama nacnac laga soo iibsaday ama laga soo diray dal kale?
◯	◯	ma isticmaashaa dheriyo ama qalabka wax lagu karsado oo aad ka soo iibsatay, ama aad kala imaatay, waddan ka baxsan Maraykanka?
◯	◯	ma leedahay rabitaan aad ku cuni lahayd wax aan cunto ahayn, sida dhoobo, ciid, sibidh, jibsi ranjiyeesan, ama dheriyo dhoobo ah?
◯	◯	ma la nooshahay qof dhiigiisu ahaa heer maadada lead-ka 3.5 µg/dL ama ka badan?
◯	◯	ma isticmaashaa biyo la cabo oo la ogaaday inay leeyihiin heer maadada lead-ka oo sarreeya?

Haddii aad ku jawaabtay **HAA**, aadna shaki ka qabto jawaabaha qaar, ama haddii aad u maleyneyso inaad si kale u soo gaadhay maadada lead-ka, **waxaad u baahan kartaa baaritaanka dhiigga maadada lead-ka**. La hadal dhakhtarkaaga oo sii kaarka hoose.

I may need blood lead testing.

Waxaa laga yaabaa inaan u baahdo baaritaanka dhiigga maadada lead-ka.

Provider: A lead risk factor questionnaire identified this person as having one or more potential risk factors for lead exposure.

The Centers for Disease Control and American College of Obstetricians and Gynecologists (ACOG) recommend blood lead testing for people who are pregnant or breastfeeding with risk factors for lead exposure.

See ACOG's **Lead Screening During Pregnancy and Lactation** at www.acog.org for further guidance and recommendations.

Maxaa loogu bahanyahay baaritaanka maadada lead-ka

Dad badan oo leh maadada lead-ka dhiiggooda ma dareemaan ama uma muuqdaan kuwo xanuunsan. Baaritaanka dhiigga waa habka kaliya ee lagu ogaan karo haddii aad soo gaadhay maadada lead-ka.

Maadada lead-ka waxay waxyeello u geysan kartaa adiga iyo ilmahaaga.

Maadada lead-ka oo jidhka ku badan waxay kaa dhigi kartaa mid halis ugu jira dhibaatooyin inta lagu jiro uurkaaga waxayna waxyeello u geysan kartaa maskaxda ilmahaaga aan dhalan ee koraysa.

Haddii aad u maleyneyso inaad soo gaadhay maadada lead-ka, waxaa muhiim ah in lagu baaro si dhakhtarkaaga uu ula socdo dhibaatooyinka.

Maxaa dhaca haddii aad soo gaadhay maadada lead-ka?.

Haddii aad maadada lead-ka ku leedahay dhiiggaaga, dhakhtarkaaga wuxuu kala shaqeyn karaa si uu u helo oo u xalliyo meesha aad ka soo gaadhay.

Iyadoo ku xiran heerka maadada lead-kaaga, waxaa laga yaabaa inaad u baahato baaritaanno dheeraad ah, talooyin ku saabsan cuntooyinka, ama fiitamiinno inta lagu jiro uurkaaga. Kadib dhalashada, ilmahaaga waxaa laga yaabaa in lagu baaro maadada lead-ka. Waxaa sidoo kale lagu xirin karaa ilaha taageerada, sida adeegyada nafaqada, si loo taageero caafimaadkaaga iyo kan ilmahaaga.

Macluumaad dheeraad ah oo ku saabsan maadada lead-ka, sida meesha laga heli karo, booqo **doh.wa.gov/lead** ama wac **(360)-236-4280** (taleefan bilaash ah 800-909-9898).

DOH 334-586 June 2025 Somali Si aad u codsato dukumiintigan qaab kale, wac 1-800-525-0127. Macmiilasha maqalka la' ama dhibaato maqalka leh, fadlan wac 711 (Washington Relay) ama iimayl u dir doh.information@doh.wa.gov.

Information for Health Care Providers

Macluumaad loogu talagalay Bixiyayaasha Caafimaadka

For more information or to request assistance from a reproductive environmental health specialist, visit **www.pehsu.net.**

For immediate assistance, call the Poison Control Center at 1-800-222-1222.

Washington State Department of HEALTH

Northwest PEHSU Pediatric Environmental Health Specialty Units