

Natijada Baadhista Macdanta Ledhka ee Ilmahayga

Baadhista dhiigga ee macdanta ledhka waxay kuu sheegaysa inta ay le'eg tahay macdanta ledhka ee ku jirta dhiigga ilmahaaga. Macdanta ledhka waxay waxyeeli kartaa korniinka, dabeecadda, iyo awoodda waxbarasho ee ilmahaaga. Heerka sii yar ayaa ugu sii fiican. Badi ku sumowga macdanta wuxu dhacaa marka carruurta cunto ama neefsato siigada ka imanaysa rinji gaboobay oo ay macdanta ledhku ku jirtay. Waa inaad baahid ilmahaaga haddii aad u maleynaysid in isaga ama iyada uu taabtay macdanta ledhka.

Natijada Baadhista **Waa maxay macnaha tan?**

0-4 Natijada macdanta ledhka ee ilmahaagu waxay qiyaastii la mid tahay inta laga helo badi carruurta joogta Maraykanka.

- Sii wad inaad ilmahaaga ka badbaadisid macdanta ledhka adiga oo raacaya talooyinka ku yaala bogga xiga.

5-14 Natijada macdanta ledhka ee ilmahaagu way sareysaa. Dhakhso wax u qabo!

- Dhakhtarka ilmahaaga kala hadal siyaabo ilmahaaga lagaga badbaadinayo macdanta ledhka, iyo macluumaad ku saabsan cuntada, korniinka, iyo horumarka ilmahaaga.
- Gurigaaga ka fiiri illo ama waxyaabo ay suurtoagal tahay in laga helo macdanta ledhka. Shaqaale caafimaad dadweyne ayaa laga yaabaa inuu kula soo xidhiidho si laguugu sheego macluumaad ama loo ballamiyo booqasho guri si lagaaga caawiyo inaad hesho waxyaabo ay suurtoagal tahay inay ku jirto macdanta ledhka.
- Baadh dhammaan carruurta kale ee ku nool isla guriga.
- Ilmahaaga ha lagu baadho markale gudaha bil ama saddex bilood. Haddii baadhista ilmahaaga laga sameeyay markii ugu horeysa duris ah caarada fartoada, markale ha lagu baadho inta dhiig laga qaado xidid.

15-44 Natijada macdanta ledhka ee ilmahaagu aad bay u sareysaa. Raadso gargaar!

- Dhakhtarka ilmahaaga kala hadal siyaabo ilmahaaga lagaga badbaadinayo macdanta ledhka, iyo macluumaad ku saabsan cuntada, korniinka, iyo horumarka ilmahaaga.
- Gurigaaga ka fiiri illo ama waxyaabo ay suurtoagal tahay in laga helo macdanta ledhka. Shaqaale caafimaad dadweyne ayaa laga yaabaa inuu kula soo xidhiidho si laguugu sheego macluumaad ama loo ballamiyo booqasho guri si lagaaga caawiyo inaad hesho waxyaabo ay suurtoagal tahay in laga helo macdanta ledhka.
- Baadh dhammaan carruurta kale ee ku nool isla guriga.
- Ilmahaaga ha lagu baadho markale gudaha hal illaa afar todobaad.
- Weydii dhakhtarkaaga in ilmahaagu u baahan yahay in laga qaado raajo ah caloosha ama sunta oo laga saaro.

44 iyo ka sareeya Ilmahaagu wuxu u baahan yahay daweyn caafimaad isla markiiba!

- Dhammaan waxyaabaha laga helo macdanta ledhka ka saar gurigaaga ka hor inta aan ilmuhu guriga ku soo noqon. Shaqaale caafimaad dadweyne ayaa laga yaabaa inuu kula soo xidhiidho si laguugu sheego macluumaad ama loo ballamiyo booqasho guri si lagaaga caawiyo inaad hesho waxyaabo ay suurtoagal tahay in laga helo macdanta ledhka.
- Weydii dhakhtarkaaga in la rabo inaad ilmahaaga geysid cisbitaalka.
- Weydii dhakhtarkaaga in ilmahaagu u baahan yahay in laga qaado raajo ah caloosha ama sunta oo laga saaro.
- Dhakhtarka ilmahaaga kala hadal siyaabo ilmahaaga lagaga badbaadinayo macdanta ledhka, iyo macluumaad ku saabsan cuntada, korniinka, iyo horumarka ilmahaaga.
- Ilmahaaga ha lagu baadho markale gudaha laba maalmood.

Magaca Ilmaha: _____ Natijada Baadhista: _____ mcg/dL Taariikh: _____

Haddii natijada baadhista aan halkan lagu qorin, natijada weydiiso dhakhtarkaaga ama kalkaalisada, meel ku qoro, oo u kaydso diiwaan ahaan.

Ilmahaaga ka Badbaadi ku Sumowga Macdanta Ledhka

Dhaq Gacmaha, Alaabta Ciyaarta, iyo Sagxadda Guriga

- Marrar badan dhaq gacmaha ilmahaaga, gaar ahaan ka hor cunista iyo seexashada iyo ka dib ciyaarta dibadda.
- Alaabta ciyaarta, xayawaanka dufka ah, aamusiyeaasha, iyo dhalooyinka marrar badan ku dhaq saabuun iyo biyo.
- Sagxadda guriga, hoosta daaqadaha, iyo oogooyinka kale si joogto ah ugu nadiifi masaxe qoyan ama maro.

Cun Cuntooyin Caafimaad Leh

- Carruurta cuna cunto fiican jidhkooda ma gasho macdan ledh oo badan. Sii cuntoyin leh kaalshiyam, bir ama feero, iyo fitamiinka C.
- Cuntooyinka leh kaalshiyam waxa ka mid ah caano, jiis, caano fadhi, tofu, iyo khudaarta leh caleen cagaaran.
- Cuntooyinka leh bir ama feero waxa ka mid ah hilibka cas, kalluun, digaag, digir, siriyaaalka ama xabuubleyada qaarkood, iyo furuutka qallalan sida sabiibka iyo buruunka.
- Cuntooyinka uu ku badan yahay fitamiinka C waxa ka mid ah istaroobeeri, liinta macaan, barbarooni, borokooli, kiwi, guwaafa (guava), babaay, bambeelmo, canbe, batiikh ama shammaam, kaabaj, yaanyo, iyo bataati.

Alaabta Isqurxinta, Dawooyinka, iyo Waxyaabo Kale

- Iska ilaali inaad isticmaashid dawooyinka iyo alaabta isqurxinta ee dibadda wadanka laga keenay haddii heerka macdanta ledhka ee dhiigga ilmahaagu sareeyo sababta oo ah waxyaabahaasi waxa laga yaabaa inay ku jirto macdanta ledhka.
- Alaabta isqurxinta ee laga keeno Bariga Dhexe iyo Aasiya ee laga yaabo inay ku jirto macdanta ledhka waxa ka mid ah indho kuusha, kajaal, kohal, iyo suma. Dawooyinka guriga ee ay ku jiri karto macdanta ledhka ee marmarka qaarkood ay isticmaalaan beesha Hisbaanigga waxa ka mid ah azarcon, greta, maria luisa, alarcon, coral, liga, rueda, iyo albayalde. Dawooyinka laga keeno Aasiya ee ay ku jiri karto macdanta ledhka waxa ka mid ah daw tway, paylooah, ghasard, bali goli, iyo kandu.
- Isla ilaali inaad dheryo, saxamo, iyo dhoobo dibadda wadanka laga keenay u isticmaashid cunto iyo cabbitaan haddii aanad ogeyn in aanay ku jirin macdanta ledhka.
- Waxa marmarka qaarkood la ogaadaa in macdanta ledhka ay ku jirto alaabta ciyaarta, jowharadaha, iyo nacnaca laga keenay dibadda wadanka. Tag www.recalls.gov/cpsc.html, dooro "product search" (raadi alaab) oo gali "lead" (macdanta ledhka) si aad u ogaatid alaabta lagu baaqay in la soo celiyo iyo digniinaha ammaanka.



Rinjiga Leh Macdanta Ledhka ee Guryaha Gaboobay

- Guryaha gaboobay, ee la dhisay ka hor 1978, waxa laga yaabaa inay leeyihiin rinji ay ku jirto macdanta ledhka. Marka rinjiga gaboobay uu dilaaco ee uu soo fuqo, waxa uu abuuri karaa siigo leh macdanta ledhka oo khatar ah oo la neefsan karo ama la liqi karo.
- Gurigaaga ka dhig mid nadiif ah oo aan lahayn siigo. Si joogto ah oogooyinka ama sagaxadaha, gaar ahaan agagaarka albaabada iyo daaqadaha, ku masax maro qoyan si aad uga qaadiid burburka rinjiga iyo siigada.
- Xoqidda iyo fujinta rinjiga leh macdanta ledhka waxay abuuri kartaa siigo leh macdanta ledhka. Carruurta iyo haweenka uur leh ka fogee dayactirka guriga ee keenaya in rinjiga gaboobay dilaaco ama fuqo illaa aagga laga nadiifiyo iyada oo la isticmaalayo masaxe ama maro qoyan.

Guriga Ha Keenin Macdanta Ledhka

- Shaqooyinka iyo maararowyada keeni kara inay ku soo gaadho macdanta ledhka waxa ka mid ah rinjiyeynta, shaqada tuubooyinka, dhisidda, hagaajinta baabuurta, dib u dhaqangalinta baytariyada iyo macdanta, iyo ka shaqeynta hub iyo rasaas, culaysyada kalluumaysiga, quraaradda midab leh, dheryaha, iyo jowharadaha.
- Haddii aad ku shaqeysid macdanta ledhka, isticmaal dhar iyo kabo gooni ah. Qubeyso ka hor inta aanad iman guriga ama isla marka aad timaadid guriga. Dharka shaqada ee wasakheysan ku rid bac oo gooni uga dhaq dharka qoyska intiisa kale.

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- Lead Information Line: 1-800-909-9898
- Washington State Department of Health: www.doh.wa.gov (search "lead")
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