

WAAXDA CAAFIMAADKA SOUTH DAKOTA

NAFAQO KULA DAGAAL SUNTA DALAWANDIGA



Ilaha kaalshiyamka ka dhig afahaaga kuwo adag oo kaa caawin kara yaraynta keydinta sunta dalawandiga. Ilaha kaalshiyamka waxaa ka mid ah caanaha iyo alaabaha caanaha laga sameeyo, sida farmaajo iyo yooqadka. Ilaha kale waxaa ka mid ah khudrada caleenta cagaaran (isbinaajka, bukureey, iyo kaabashka), iyo digirta shiidan. Kalluunka salmon ee gasaceysan iyo kalluunka nooca sardines (oo leh lafo) ayaa sidoo kale ah ilo kaalshyam fiican.



Ilaha feytamiin C-ga ayaa muhiim u ah maqaarka iyo caafimaadka lafaha. Wadajir, iyo bir, waxaa kale oo laga yaabaa iney gacan ka geysato dhimista keydinta sunta dalawandiga. Feytamiin C waxaa laga helaa khudrada inteeda badan. Ilaha feytamiin C-ga waxaa kamid ah khudrada dhanaan, sida liinta iyo canabka, iyo casiirkooda. Yaanyada iyo casiirka yaanyada ayaa sidoo kale ah ilo wanaagsan. Khudrada sida basbaaska, borokooliga, baradhada, digirta cagaaran, iyo khudrada sida kuwa dheecaanka leh, istarowbariga, qaraha, iyo in ka badan ayaa ka kooban ilaha feytamiin C-ga.



Ilaha birta ayaa adkeyn kara in sunta dalawandiga jirka keydsado. Ilaha birta waxaa ka mid ah hilibka cas ee caatada ah, kalluunka, iyo doorada. Cuntooyinka kale waxaa ka mid ah budada lagu xoojiyay birta, baastada, iyo rootiga. Miraha la qallajiyay (canab, mircood), khudrada caleenta cagaaran (isbinaaj, bukureey, iyo kaabashka cagaarash), iyo digirta cagaaran, digirta iyo misirta ayaa ah ilo bir oo wanaagsan.

Macluumaad intaas ka badan:

Xarunta Macluumaadka Qaranka Dalawandiga wac 1-800-424-LEAD (424-5323) si aad u ogaato sida looga ilaaliyo carruurta sunta dalawandiga iyo macluumaadyo kale oo kusaabsan khataraha ama www.epa.gov/lead.

Cuntooyinka aan diyaarino oo aan siinno qoysaskeena ayaa kaa caawin kara xaddididda sunta dalawandiga. Xaqiiji in ilmahaagu cuno cunto nafaqaysan, dufan-yar cuntada u badan birta, kaalshiyam, iyo feytamiin C.

Dooro noocyo kala duwan oo ah cunto-xambaarsan nafaqo caafimaad ahaan oo ku caawi jirkaaga inuu helo bir ku filan, kaalshiyam, iyo feytamiin C.

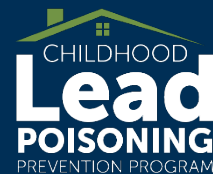
Childhood Lead Poisoning Prevention Program

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doh.sd.gov/bloodlead



Daabacaada joornaalkan waxaa taageeray Xarunta Qaranka Caafimaadka Deegaanka ee CDC (CDC-RFA-EH21-2102).