

# Qaababka Ioo Ilaaliyo Ilmahaaga

Kuwa soo socda waa qaababka aad hoos ugu dhigi kartid khatarta ilmahaaga ee dalawandiga:

- **Joogto u tirtir dhulka, dariishadaha iyo sakxadooda.** Busta guriga waxey noqon karaa isha ugu weyn ee sunta guryaha iyo dhismayaasha la dhisay kahor 1978.
- **Kabaha uga tag albaabka ama bannaanka.** Tani waxey si gaar ah muhiim u tahay marka qof ku shaqeeya dalawandi ama leh hiwaayad ku lug leh rinjiga.
- **Qubeyso ama dharka iska badal markaad ku shaqeysid agagaarka alaabta leh dalawandi.** Tani waxey kaa ilaalin kartaa busta dalawandiga in lagala socdo guriga waxeyna ka ilaalin kartaa qoysaska iney qaadaan.
- **Ilaali ciidda.** Cows ku dabool ciidda, xafash, ama jaabojaabo alwaax ah kana ilaali carruurta iney ku ciyaaraan ciidda qaawan ee laga yaabo iney ku wasakhaysen tahay dalawandi.
- **Baar guriga carruurta.** Ha baaro guiga taliye yaqaana dalawandiga haddii ay ku noolyihiin guri ama dhisme ladhisa kahor 1978. Kireystayaasha waa iney weydiistaan milkiilaha guryohooda in guriga la baaro.
- **Ka fogow alaabooyinka qaar, cuntooyin, iyo boombale.** Ka fiiri "Kama koobna Dalawandiga" alaabada carruurta heysan doonaan. Ha u isticmaalin wax lasoo dhoofiyay, qadiimi ama gacan ku sameys inaad cuntada ku keydsato. Macluumaad intaas kabadan oo kusaabsan alaabta ka koobnaan karta dalawandi booqo: <https://www.cpsc.gov/Recalls>.

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

# Ilmaheyga Khatar Miyey Kujiraan?

Haddii aad "Haa" uga jawaabi karta MID kamid ah su'aalaha soo socda, fadlan weydii bixiyaha darlyeelka caafimaadka ilmahaaga inuu baaro ilmahaaga.

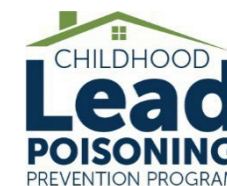
- Ilmahaagu maku nool yahay ama si joogto ah ma u booqdaa dhismo la dhisay kajhor 1978, kaas oo socda ama lagu sameeyay dayactir ama dib u habeyn lixdii bilood ee la soo dhaafay? Dhismayaasha noocan ah waxa ku jiri kara xarumo xanaano, dugsiyo hore, dugsiyo, guryaha daryeelayaasha, qaraabada, asxaabta, iwm.
- Ilmahaagu mala noolyahay qof shaqadiisa ama hiwaayadiisa ku lug leedahay qaadista dalawandiga (tusaale, dhalooyinka wasakheysan, rinjiyeynta, alxanka, samaynta baytariga baabuurta, dayactirka raayatooraha ama alxanka?)
- Ilmahaagu maleeyahay waalid, walaal, abaayo, saaxiibo isku guri ah, ama saaxiib laga daweynayo sunta dalawandiga (tusaale, sunta rinjiga dhiiga iney ka badantahay 3.5 garaamka yar halkii deciliter)?
- Ilmahaagu inta badan ma qaadaa waxyaabaha dibada laga keeno sida daahyada shabaqa ah, waxyaalaha la isku qurxiyo, qalinka indhakuusha, alaabta lagu ciyaaro, jeestada marsha biyeedka, ama cuntooyinka qasacadaysan?

## Macluumaad Dheeraad ah:

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 dalawandiga. Si aad uhesho macluumaadka dalawandiga adigoo u maraya shabakada, booqo <https://www.epa.gov/lead>

Childhood Lead Poisoning Prevention Program  
South Dakota Department of Health  
600 East Capitol, Pierre, SD 57501  
Telephone: 1-800-592-1861  
[doh.sd.gov/bloodlead](https://doh.sd.gov/bloodlead)

# Ka hortaga Sunta Dalawandiga ee Carruurnimada



# Waa maxey Sunta Dalawandiga?

Sunta dalawandiga waxaa sababa liqida ama kuneefsiga sunta rinjiga. Sunta dalawandiga wuxuu sumeeyaa carruurta marka ay jirkooda gasho. Dalawandiga waa bir dabiici ah oo laga helo dhulka. Waxaa laga heli karaa bee'da carruurta. Dalawandiga ayaa loo isticmaali jiray badeecooyin kala duwan, oo ay ka mid yihiin shidaalka, rinjiga, tuubooyinka iyo tuubooyinka biyaha, dhoobada, dahabka dibadda laga keeno, dawooyinka dadwaynaha, alaabta carruurta ku ciyaarto, iyo in intaas badan.

## Waa maxay Calaamadaha?

Sunta dalawandiga waxey inta badan ku dhacdaa iyada oo aan laheyn calaamado muuqda marar badan-na lama aqoonsan karo. Baarista dhiigga ayaa ah qaabka kaliya ee lagu ogaan karo in ilmuhu qabo sunta dalawandiga. Si kastaba ha ahaatee, qaar ka mid ah calaamadaha sumowga waxaa ka mid ah madax-xanuun, calool xanuun, calool-istaag, daal, lallabbo, xanaaq/ dabeecad beddel, iyo caajisnimo/hoos u dhac dhaqdhaqaaqa.

## Waa maxay Saameynta?

Marka dalawandi jirka gasho iyadoo aan la ogaanin goor hore, carruurta jirkooda kujiro dalawandi ee aadka ubadan ayaa la kulmi karaan:



Dhaawac soo gaara maskaxda iyo habdhiska dareenka



Dhibaatooyinka dhaqanka iyo waxbarashada (shaqo-karnimada)



Korriin gaabis ah



Dhibaatooyin maqal



Madax xanuun-no

# Xagee Laga Heli Karaa Sunta Dalawandi?

**Rinjiga:** Rinjiga la isticmaalaha kahor 1978 ayaa ka koobnaan kara dalawandi. Marka rinjigu fiiqmo ama dillaaco, wuxuu sameeyaa jajabyo dalawandi. Carruurta waxay qaadi karaa sunta dalawandiga haddii ay ruugaan diirka rinjiga dalawandiga, sida daaqadaha iyo gees aha albaabada.

**Bus:** Busta waxey qaadi kartaa rinjiga ciidda ku daata ee ka kooban dalawandi. Busta waxey ku dhagi kartaa cuntada, biyaha, dharka, iyo walxo kale. Carruurta ayaa qaadikara sunta dalawandiga haddii aysan dhiqin gacmaha kahor intey wax cunin ama taabanin afkooda.

**Ciidda:** Haraaga laga helo shidaalka ay kujirto dalawandi, rinjiga dibadda ku salaysan, iyo ilaha warshadaha ayaa gacan ka geystay kor u kaca heerarka dalawandiga ee ciidda. Carruurta ayaa laga yaabaa iney qaadaan sunta dalawandiga ee ciidda ku jirta markey liqaan ama ku neefsadaan ciidda wasakhaysan ee dalawandiga markey ciyaarayaan.

**Biyo:** Ilaha ugu badan ee dalawandiga laga helo biyaha la cabbo waa tuubooyinka kasameusan dalawandi, tuubooyinka, iyo qalabka tuubooyinka lagu hagaajiyo. Tuubooyinka qaarkood ee ka qaada biyaha la cabbo ilaha biyaha ee keena guriga waxa ku jiri kara dalawandi. Carruurta waxay la qaadi karaan dalawandi markey cabbaan biyaha tuubo wasakhaysan.

**Goobta shaqada & Hiwaayad:** Dadka waaweyn qaarkood ayaa ka shaqeeya warshado ama waxay leeyihiin hiwaayad qaadsiiisa carruurta sunta dalawandiga. Dadkan waaweyn waxa laga yaabaa iney guriga la yimaadaan sunta dalawandiga oo ay qaadsiiyaan qoysaskooda iyaga oo aan ogeyn. (Rinjiga, dayactirka, dayactirka raayatooraha, alxanka, dhalooyinka wasakheysan, rasaasta iwm.)

# Xagee Laga Heli Karaa Sunta Dalawandi? – Sii socda.

**Alaabta Maalinlaha:** Dalawandiga ayaa mararka qaar laga helaa cuntooyinka qaar, macmaanka, waxyaalaha la isku qurxiyo, budada xafladaha, iyo dawooyin dhaqameedka laga keeno dalalka kale. Dalawandiga ayaa laga heli karaa qaar ka mid ah alaabta la isticmaalo sida alaabta lagu ciyaaro, dahabka iyo laastiiga lagu sameeyo wadamo kale ee loo soo dhoofiyo Maraykanka. Dalawandiga waxa kale oo laga heli karaa alaabta la ururiyo ee aan hadda laga soo saarin Maraykanka laakiin gudbay jiilalkii hore.



## Kahor tag

Sunta dalawandiga mala wax daawo ah. Qaabka ka-hortagga aasaasiga ah waa aqoonsiga iyo ka saarista ilaha qaadista sunta dalawandiga iyo abuurista caqabadaha si looga fogaado iney soo geliyaan sunta dalawandiga jirka. Kahor tagga hore ayaa fure u ah hoos udhigga saameynta muddada fog. Xaaladda ah in dhiigga laga helo sunta dalawandiga oo aad u badan, dhakhtarku waxa laga yaabaa inuu u baahdo inuu tixgeliyo daaweynta isticmaalka kululeynta si uu u caawiyo dhimista qadarka sunta kujirta jirka.

# Sidee ku Ogaan doonaa haddii Ilmaheyga Qabo Sunta Dalawandiga?

Qaabka kaliya ee lagu ogaan karo sunta dalawandiga waa iyada oo loo maro baaris dhiig oo uu sameeyo bixiyaha daryeelka caafimaadka.