



**Nimba hari aho wavuvuye muri uru rutonde, saba muganga w'umwana wawe abakorere ibipimo vy'amaraso.**

## **Nimba umwana wawe afite musu y'imyaka itandatu, reba muri uru rutonde ikir'ukuri.**

- Ahantu ntuye hubatswe imbere ya 1950.
- Ahantu ntuye hubatswe imbere ya 1978, hama harasubiwemo, bahasigira irangi cyangwa hubakwa gushya vuba.
- Umuntu duturanye ashobora kuba ahura na plomb mu kazi ke. Ngabakozi bo murangi, abubatsi cyangwa abakora mu byuma.
- Umwana wanjye afite mwenewabo, cyangwa umuturanyi wakozweho n'ubumara bwa plomb.
- Umwana wanjye cyangwa njewe twavukiye mukindi gihugu.
- Umwana wanjye ashira ibintu byinshi bitari ibiryo mukanwa.

## **Plomb nimbi ite se?**

Plomb ishobora gutera:

- Kugira ibibazo mukwiga
- Ubwenge buke
- Ugutinda kuvuga
- Ibibazo mu myitwarire
- Kutumva neza

## **Bigenda bite se nimba umwana wanjye yafashwe n'ubumara bwa Plomb?**

Ivumbi riva mw'irangi irimo plomb yo mumazu ashaje niho ubwo bumara buva imisi yose. Ivumbi rya plomb rikunda kuja kw'isima cyangwa ahantu abana bakunda gushira amaboko no gukinira. Abana bari musu y'imyaka 3, bakunda gushira mu kanwa intoke n'ibikinisho byabo. Ibyo rero bituma ivumbi rya plomb vyorohe ko ryanjira rikanonona umubiri w'umwana ariho arakura.

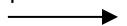
## **Namenya bite ko umwana wanjye yakozweho n'ubumara bwa plomb?**

Uburyo bumwe bwo kubimenya ni gufatisha ibipimo vy'amaraso

## **Bigenda bite nimbi umwana wanjye afite MaineCare?**

MaineCare isaba ipimwa ry'amaraso bashakisha plomb ku bana b'umwaka umwe gushika kur'ibiri. Ushobora gusaba kwamuganga w'umwana wawe ko mwakoresha ico kizamini cya plomb.

Hindukiza urupapuro urebe ukwo warinda umwana wawe ubumara bwa plomb.



### **Kingira umuryango wawe.**

- Reba kuri uru rubuga rw'ikoranyabuhanga: [maine.gov/healthhomes](http://maine.gov/healthhomes)
- Hamagara ushaka impanuro: 866-292-3474. TTY: Hamagara umurungo wa Maine: 711





**Nimba wavuvuye kimwe muri ivyo bibazo biri kurindi rupapuro, ngibi bimwe mubyo mwakora kugira mukinge abana banyu plomb.**

### Reba irangi mu nzu yawe

- ✓ Reba irangi riri kuma dirisha, imiryango, no kubutaka urebe ko atahashishutse, atahangiritse, cyangwa irangi ribyimbye.
- ✓ Bwira uwo upangiye ivyo wabonye vyangiritse.



### Gira isuku mu bintu vyose

- ✓ Koropa hasi, kumadirisha no kumameza ukoresheje igikoropesho n'udutambara dutose rimwe mu cyumweru.
- ✓ Karabya umwana wawe intoki imbere yo kurya cyangwa kuryama.
- ✓ Oza ibikinisho by'umwana rimwe mu cyumweru munabibike kure yaho irangi ryononekaye.

### Ibiryo, amacupa y'amata, n'uduhozo

- ✓ Gaburirira umwana wawe ku meza cyangwa kugatebe ke karekare.
- ✓ Ntukemerere umwana wawe ko arya ibyokurya byaguye hasi.
- ✓ Oza uduhozo n'amacupa y'amata iyo yaguye hasi imbere yo kubisubiza umwana.



### Gusiga irangi cyangwa gukora ibikorwa byo gusana

- ✓ Iga ingene wakinga ivumbi rya Plomb imbere yo gusana cyangwa gusiga irangi.
- ✓ Pima kureba ko ivumbi rya plomb rihari urangije ivyo bikorwa. Saba kubusa ibikoresho byo gupima kuri: [maine.gov/healthyhomes](http://maine.gov/healthyhomes)
- ✓ Ha akazi "Ishyirahamwe rya RRP rufite impamyabushobozi bwa EPA" rikore ako kazi. Kugyira umenye byinshi, reba kuri [epa.gov/lead](http://epa.gov/lead).

### Ntugatahane murugo plomb ukuye ku mirimo

- ✓ Nimba ukoresha Plomb ku mirimo yawe, hita ukura ubwo nyine ibirato n'impuzu wakoranye. Bikazwo mu gafuka kazo. Umese izo mpuzu ukwazo ntuzivange n'izindi zo m'urugo.
- ✓ Banza kwoga umubiri wose mbere yo gukoraho abana.

#### Kingira umuryango wawe.

- Reba kuri uru rubuga rw'ikoranyabuhanga: [maine.gov/healthhomes](http://maine.gov/healthhomes)
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