

Sumowga Ledh: Miyaan u baahanahay inaan ka walaaco?

Ka jawaab su'aalahaan si aad u ogaatid.

Tilmaanta-xaanshida

Mirirka #10



October 2018



Haddii aad saxday wax sanduuqa, weydii dhaqtarka canugaaga baaritaanka dhiigga ee canugaaga.

Haddii canugaada uu ka yaryahay 6 sano, calaamadee dhammaan kuwa runta ah ee liiska ku jiro.

- Meesha aan ku noolahay waxaa la dhisay 1950 ka hor.
- Meesha aan ku noolahay waxaa la dhisay 1978 ka hor, oo waa la dayactiray, la rinjiyeeyay ama la cusbooneysiyyay hadeer.
- Qaarkood kuwa ila nool waxay ka shaqeyn karaan ledh. Tusaale ahaan: guri rinjiyeeyaasha, qandaraaslayaasha, bir cusbooneysiyyaasha
- Canugeyga wuxuu leeyahay walaal (wiil iyo gabadh), ama daris qabo sumowga ledh.
- Canugeyga ama aniga waxaan ku dhalanay wadan kale.
- Canugeyga wuxuu geliyaa afkiisa waxyaabo badan oo aan cuno aheyn..

Maxay ku xuntahay ledh?

Ledh wuxuu sababi karaa:

- Naafonimada waxbarashada
- Dhibaatooyinka dabeecadda
- Caqliga oo yaraada
- Waxyeelada maqalka
- Daahitaanada luuqadda iyo hadalka

Sidee ayay sumowga ledh ku dhacdaa?

Busta ka imaaneyso rinjiga ledh ee guryaha duqa ah ayaa ugu dhawaan had iyo jeer keena sumowga leadh.

Busta ledh ayaa ku urura dhulalka iyo meelaha halka carruurta saaraan gacmahooda iyo ku ciyaaristaboombalayaasha. Carruurta, gaar ahaan kuwa ka hooseeyo da'da 3, inta badan waxay saaraan gacmahooda iyo boombalayaasha afkooda. Tani waxay u sahlisaa busta ledhka inay gasho oo waxyeesho jirkooda korayo.

Sidee ayaan ku garanayaa haddii canugeyga qabo sumowga ledh?

Qaabka kaliya ee loo sheego waa in dhiigga laga qaado. Carruurta inta badan ee qabaa sumowga ledh uma eko ama uma dhaqmaan si jirro hayso.

Ka waran haddii canugeyga qabo

MaineCare? MaineCare wuxuu u baahanyahay baaritaanka dhiigga ee ledh markii carruurta ay yihiin 1- iyo 2-sano jir. Waxaad weydiin kartaa dhaqtarka canugaaga baaritaanka ledh.

Rog si aad u ogaato qaabab looga ilaalinayo ledhka.



Illaali qoyskaaga.

- Fiiri websaydkaan: maine.gov/healthyhomes
- Soo wac tallo: 866-292-3474 • TTY: Soo wac Xiriiriyaha Maine 711



Sumowga Ledh

Sidee ayaan uga illaalin karaa canugeyga?

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Haddii aad saxday wax sanduuqa ee dhinaca ee xaanshidaan, waxaa jiro talooyinka qaar ee ka ilaalinayo carruurtaada ledh.

Hubi Riinjiga Gurigaaga Ku jiro

- ✓ Ka hubi daaqadaha, albaabada iyo dhulalka rinjiyeysan dhilmid, qolof-dhac ama jajab. Ka fogey carruurta aagaga.
- ✓ U sheeg milkiilahaaga wax ku saabsan riinjiga dhaawacmay.



Ilaali Nadaafadda Shayada

- ✓ Ku nadiifi dhulalka, xakabadaha daaqadaha iyo miisaska dushooda maro qoyan ama calal halmar usbuucii.
- ✓ Dhaq gacmaha canugaaga ka hor cunista ama seexashada.
- ✓ Dhaq boombalooyinka halmar usbuucii oo ka fogey boombalooyinka aagaga leh jajabka rinjiga.



Cuntada, Dhalooyinka, Kaddaabadaha

- ✓ Ku quudi canugaaga miiska ama kursi sareeyo.
- ✓ Ha u ogolaan in canugaaga cuno cunto dhulka ku dhacday.
- ✓ Dhaq kaddaabadaha iyo dhalooyinka haddii ay dhulka ku dhacaan ka hor inta aadan siinin iyaga canugaaga.



Rinjiyeynta Guriga ama Mashaariicda Dayactirka

- ✓ Baro sida loo xakameeyo busta ledhka ka hor inta aadan bilaabin wax dayactir guriga ama mashruuca rinjiyeynta.
- ✓ Ka baar busta ledh kadib markaad dhammeysid mashruuc. Ka dalbo sanduuqa baaritaanka bilaashka ah: maine.gov/healthyhomes.
- ✓ Kireyso “qandaraaslaha RRP ee EPA-aqoonsan tahay” si aad u qabato shaqada. Ka baro wax badan epa.gov/lead.

Haka keenin Ledhka Shaqada oo Ha u Keenin Gurigaaga

- ✓ Haddii aad ka shaqeysid ledh shaqadaada, beddel kabahaaga iyo dharkaaga isla markaaba. Geli dharka wasaqeysan boorsadooda gaarka ah ama saladda dharka. U dhaq dharka shaqada si ka gooni ah dharka kale.
- ✓ Qubeysa ka hor inta aadan taaban canugaaga.

Ilaali qoyskaaga.

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