



# Ka difaac cunugaaga sunta naxaasta ama rasaasta loo yaqaan

Protect Your Child from Lead Poisoning

Sunta naxaasta waxay dhibaato weyn u geysan kartaa cunugaaga sida dabeecad xumo joogto ah ama maskaxda oo dhibaato abadan ah ay ku dhacdo. Hadaad uur leedahy, marka ay suntan ku gaarto cunugaaga aan dhalan ayay dhibaato u geysan kartaa. Sunta naxaasta waxa ay can ku tahay oo laga helaa guryaha la dhisay ka hor sandkii 1978 kii. Waxaa kale oo laga heli karaa sunta rasaasta alaabta ay ilmuhu ku ciyaaraan kuwii hore iyo kuwa dibadda laga keeno, dahabka, qayb ka mid ah alaabta guriga lagu isticmaalo, nanaca dibadda laga keeno, wasakhda, tubooyinka biyah soo qaada kuwa gaboobay iyo meelo ka mid ah dhismaha laga shaqeeyo.

Faahfaahin badan waxaad ka heli kartaa websaydka CDS:

<http://www.cdc.gov/nceh/lead/tips.htm>.

Ilmaha ka yar 6 sano ayaa ugu khatar badan in ay suntani ku dhacdo. Ilmaha badankood ma laga arki karo claamadaha lagu yaqaan suntan. Ilmaha qaarkood waxaa lagu arkaa calaamado u eg cudurka hargabka, dayoow, daal badan, hurdo la'aan, calool xanuun iyo matag am hunqaaco.

Waad ka ilaalin kartaa cunugaaga in suntan haleesho ama waad yareen kartaa cadaka suntan haddii ay horey ugaartay suntan cunugaaga. Afar shey waad in aad xusuusnaato:

1. Yareynta caddadka suntan soo gaari karta
2. Baaritaan
3. Tijaabin
4. Nafaqayn



## Yaraynta Soo-Gaadhista

Yaraynta cadadka sunta naxaasta, Sunta naxaasta waxaa laga helaa meelo badan sida; rinjiga, sharootada, wasakhda, boorka, khadda, bateriga, alaabta duuga ah ee ilmuhu ku ciyaaraan, biyaha tuubada laga cabo. Ilmaha badankood waxay afka gashtaan jajibka rinjiga guriga, waxay kaloo afka gashtaan alaabad ay ku daboolan tahay ama ay soo gaartay boorka sunta naxaasta ama rasaasta loo yaqaan. Waxaa jira dariiqyo aad si dhab ah u ogaan kartid in cunugaaga ka badbaadi karo suntan

- **Haddii rinjiga guriga marsan uu jajaban yahay ama fuqsanyahay**, isku day inuu sameeyo qof xirfad u leh rinjiyeenta guryaha. Ha isku dayin in aad adigu samaysid ama qof aan xirfad u lahayn. Haddii aad ku jirto guri kiro ah, wac qofka iska leh guriga sida ugu dhaqsaha badan si uu u sameeyo. Halkan ka fiirso xaqa uu leeyayhay kiraystaha guriga eek u saabsan suntan naxaasta. Fiiri warqadayada xogta [Lead Paint and Tenants' Rights](#)

- **Dhaq ilmaha gacnhooda in badan,** khaas ahaan marka ay banaanka ku soo ciyaaraan kadib, inta aysan cunnada cunin ka hor,
- **Dhaq alaabta ay ilmuhu ku ciyaaraan in badan.**
- **La soco ama fiiri alaabta ilmuhu ku ciyaaraan iyo kuwa ay isticmaalaan ee lagu dhawaaqay in la soo celiyo.** Waxaad ka heli kartaa websaydka CDC magacyad alaabta lagu dhawaaqay in la soo celiyo oo la maleenayo in ay ku jirto sunta naxaasta. [www.cpsc.gov/en/Recalls/](http://www.cpsc.gov/en/Recalls/)
- **Guurigaagu mar kasta ha ahaado mid nadiifsan oo ka nadiifsan boorka ama wasakhda.** Sida ugu wanaagsan ee lagu nadiifiyo suntan naxaasta waa adoo isticmaala maro qoyan ood dhulka mariso, daaqadah geesahooda, iyo dhamaan meelaha wax la saarto. Istimmaal biyo kulul iyo saabuun weliba mida ay ku jirto cusbada loo yaqaan phosphate (TSP). Ku shub biyahaas aad wax ku dhaqday musqusha. Xiro galoofis marka aad wax dhaqaysid. Iska tuur rooga, isbuunyada marad wax lagu tiro kuwaas oo la isticmaalay kuna rid bacda qahinka lagu rido kuwooda culus.
- **Ka ilaali oo kafogee ilmaha rinjiga fuqsan iyo xakabadda daaqadaha.** Sidoo kale ka illali ilmaha alaabta iyo daaqadaha rinjigoodu fuqsan yahay, carrurtuna yaysan kor u korin alaabadaas ama aysan fuulin iyagoo ku ciyaaraya
- **Nadiifi guriga banaankiisa, daaradiisa, xakabadah lagu fariisto, guriga geesihiisa kana xaaq rinjiga jajaban iyo boorka ama wasakhda taala meelahaas.**
- **Iska bixi kabaha inta aadan guriga soo gelin ka hor,** hubi in aad si fiican ugu tirtid ama masaxdid kabaha rooga guriga iriddiisa yaala. Sidan waxay ilaalinaysaa sunta naxaasta , wasaqda iyo boorka in aynan guriga soo gelin.
- **Iska bedel dharka aad xiran tahay qubaysana ka hor inta aadan guriga iman ama soo gelin haddii aad ka shaqayso meel sunta naxaasta leh am lagu sameeyo.** Dharka shaqada si gooni ah u dhaq oo ha ku darin dharka kale ee familka. Sunta naxaasta waxaa lagu isticmaalaa meelo badan oo laga shaqeeyo sida; meelaha lagu sameeyo qaboojiyaasha, bateriga, geedaha iyo qalabka uriya suntan.
- **Iska tijaabi in ay sunta rasaasta ku jirto meelaha aad doonaysid in aad dibuhabayn ku samaysid amd aad did u rinjiyaysid.** Marnaba ha isku dayin in aad sinto ama gubtid ama aad xoqdid rinjiga ilaa aad ka habsatid in uu leeyahay suntan. Waxuu ficilkani keeni karaa in boorka suntan ilmuhu neefsadaan.



- **Dabool meelaha aad is leedahay suntani way ku jirtaa.** Waxaad isticmaali kartaa warqad cad, jawaan, sharooto ama bac. Ha isticmaalin warqada jaraaidka ee midabka leh.
- **Dabool meelaha wasaqkhda badani taalo ee daydka ama daradda ku yaalla.** Ku dabool meelahaas caws amd geedaha caleentoota, caro iyo wixii la mid ah.
- **Tuur am fogee warqadaha jaraa'idka iyo buugta majaaajillada ah ee carrurtu akhrisato.** Khadda lagu daabacay buugtaas waxaa ku jiri karaga suntaas.

## Baaritaan (screening)

Sida kaliya ood ku ogaan kartid in cunugaagu leeyahay cadad badan oo suntan ah waa in dhaqtarku dhiig ka qaato rugta caafimaadka dhexdiisa.

- **Dhamaan caruurta u dhexaysa 6 bilood illaa 2 sano jir waa in la tijaabiyaa sanad ah labo jeer.**
- **Ilmaha da'doodu u dhaxayso labo ilaa lix sano waa in laga baaraa sanadkii mar.** ka baar cunigaaga sida ugu dhaqsaha badan haddii guriga ama meesha ilmaha lagu hayo daaqaadaheedu leeyahiin xakabadda wax la saarto.
- **Haweenka uurka leh waa in la baaro xilga ay uurka leeyihiin.** Haddii qiyaasta sunta naxaasta eek u jirta hooyada jirkeeda ay sareeyo, waxay dhibaato weyn u geysaneysaa ilmaha aan dhalan ee uurka ku jira.
- Cirbad afkeeda oo dhiig ah oo laga qaado ma ku filna baaritaanka loo baahan yahay. Intaas oo qura ma ku filna. Dhaqtarkaaga weydiiso in uu dhiig ka qaado cunugaaga gacantiisa maya fartiisa.



## Tijaabin (testing)

- Haddii ad ku jirtid guri kiro ah ood ku aragtid in uu rinjugu fuqsan yahay, weydii mukiyaha guriga ama qofka iska leh inuu baaro rinjiga in uu leeyahay sunta naxaasta. Fiiri warqadayada xogta [Lead Paint and Tenants' Rights](#).
- Haddii tuubooyinka biyaha eek u jira guriga la geliyay ka hor sanadkii 1985, waxaa laga yaabaa in ay leeyihiin sunta naxaasta ee wax lagu alxamo. Haddii guriga la dhisay ka hor sandkii 1930 kii, waxaa laga yaabaa in tuubooyinka guriga laga sameeyay suntan naxaasta. **Waxaad ubaahan tahay in biyaha guriga lagu isticmaalo laga baaro in ay leeyihiin suntan.**
- Meelo badan oo ganacsi ah iyo shirkado gaar ah ayaa lacag yar ku baara suntan. Waxay baari karaan; rinjiga, biyaha, boorka iyo waxyaalaha kale ee suntan ku iman karto ama laga helo. Wac wasaaradda caafimaadka 651-201-4620 si aad u ogaato qofka samayn kara baaritaanka suntan.

Warbixin badan oo ku saabsan sunta naxaasta ama rasaasta waxaad kala xiriiri kartaa meelahan hoos ku qoran:

The Minnesota Department of Health:

Telefoonka: 651-201-4620.

E-mail: [health.asbestos-lead@state.mn.us](mailto:health.asbestos-lead@state.mn.us)

Tag online in ay:

[www.health.state.mn.us/communities/environment/lead/](http://www.health.state.mn.us/communities/environment/lead/)

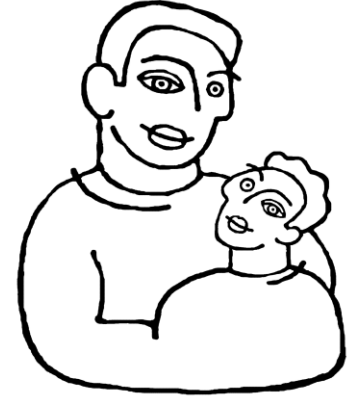
The National Lead Information Center:

Telefoonka: 1-800-424-LEAD

Tag online in ay: [www.epa.gov/lead](http://www.epa.gov/lead)

HUD (Housing and Urban Development):

Tag online in ay: [www.hud.gov/program\\_offices/healthy\\_homes/leadinfo](http://www.hud.gov/program_offices/healthy_homes/leadinfo)



## Nafaqayn

- **Ka fogoow ama iska ilaali cuntada ay ku badan tahay dufanka iyo xayrta.** Dufanka ama hayrtu waxay u sahashaa jirka in uu qaato suntan naxaasta ama rasaasta in badan
- **Quudi cunuga sadex jeer maalintii, iyo la bo jeer ood cunto fudud siiso.** Sunta naxaasta ama rasaasta waxay si tartiib ah u qaadataa raashin marka ay clooshu buuxdo
- **Mar kasta isticmaal biyo qabow marka aad karinaysid cunto ama aad diyaarinaysid caanaha ilmaha.** Biyaha u ogolow in ay ka socdaan tubada hal daqiiqo inta aadan isticmaalin ka hor. Haddii ay kuu suurto geli karto isticmaal biyaha caagadaha ama dhalooyinka ku jira.
- **Cuntada ku kaydi dhalo ama caagad gudahood, ha isticmaalin daasado ama koonbooyin in aad cuntada ku kaydisid.** Daasadaha ka samaysan aluuminanka waxaa laga yaabaa in dabooladeedu ay leeyihiin suntan naxaasta am rasaasta. Tani waxaa laga yaabaa in ay cuntada gasho ka dib marka daasadda la furo.
- **Ha isticmaalin alaabada duugowday ama gacanta la gu sameeyay ee dibadda laga keeno.** Rinjiga lagu isticmaalay qayb ka mid ah alaabadaas sida saxamada, digsiyada waxaa ku jira suntan naxaasta ama rasaasta.
- **Ha isticmaalin daawooyinka ay ku jirto sunta naxaasata ama rasaasta sida; Azarcon, Greta, Pay-loo-ah, Ghasard, Bala Gobi, Kandu, Alkohl or Kohl.**
- **Ku quudi ilmahaaga cuntada ay ku badan tahay birta ama xaddiidka, kaalshiyom iyo fitamiinka C-ga.** Macadantan waxay ku adkaysaa sunta naxaasata ama rasaasta in jirka ilmaha ay aad u isticmaasho. Fiiri macdanta kala duwan ee hoos ku taxan.

### Cuntada badan oo Iron:

- hilib aan baruur cas
- Digaag, hilib doofaar ama hilib ugaadheed
- qasacadeysan tuna, sardines, ama salmon
- Iron badarka la xoojiyey (Cheerios ama Total)
- sabiib ah, gooyaa, ama miraha la qalajiyay
- Spinach
- Greens (iniin khardal, dabocase, ama Collard)
- Digirta Lima
- hadhuudhka oo dhan ama kibis ku hodanaynta
- Peas
- Digirta la dubay
- iminka faaruq ah
- caanaha ilmaha Iron-deyr

### Cuntada badan oo Vitamin C:

- Liinta
- Cabitaan liin
- Bambeelmo
- bambeelmo Casiirka
- jordgubbe
- brokkoli
- Greens (iniin khardal, dabocase, ama Collard)
- Baradhadu

### Cuntada badan oo Calcium:

- caanaha
- Yoogurt
- Jiis
- Jiis Cottage
- Ice cream, caanaha baraf, ama yoogurt qaboojiyay
- tortillas Corn
- digir Black-weershe
- Digirta garbanzo
- Tofu ama bean Curd
- salmon oo qasacadeysan



**Warqadaha xogtu waa xog sharci ee ma'aha talo qareen. Arag qareen haddii aad talo rabto. Ha isticmaalin warqadan xogta haddii ay ka weyntahay 1 sano. Nasoo waydii xog wixii cusub, warqado xogta, ama xog sikale u dhigan.**

© 2020 Minnesota Legal Services Coalition. **Dukumintigaan waa la badan karaa, loona isticmaali kara wixii aan ahayn ganacsi sida arimo shaqsi iyo waxbarasho kaliya. Xuquuqda qoraalkan waa la illaliyay. Waa in ogaysiiskani ku qornaadaa koobi kasta oo laga saaro. In loo koobiyeeyo, ama loo isticmaalo arimo ganacsi waa mamnuuc.**