

KAHORTAGGA

Sunta Balambam(Lead) ee Carruurnimada



**Waaxda
Caafimaadka**

Balambam (Lead) waxaa lagu isticmaali jiray rinjiga guriga tan iyo 1978-dii.

Balambam (Lead) waxaa lagu isticmaali jiray rinjiga guriga tan iyo 1978-dii. Guri walbo oo la dhisay kahor 1978-dii waxaa suurto gal ah inuu leeyahaay rinjiga balambam(lead).

In ka badan 67% dhammaan qaybaha guryaha ee Ohio waxa la dhisay ka hor 1980-kii waxayna u badan tahay inay ku leeyihiin rinji balambam(lead) ku salaysan guddaha iyo/ama banaanka oogada.



Ilmaheynta waxaa laga baaray dhiiga balambam(lead)

Taariikhda baadhitaanka dhiiga ee balambam(lead)_____ Heerka_____

In la xaqiijiyo marki la gaadho/kahor _____ Heerka_____

Dib u baadhis marki la gaadho/kahor _____ Heerka_____



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Ka Ilaali Ilmahaaga Sunta Balambam(Lead)

Carruurta intooda badan waxay kasoo gaadhaa sunta Balambam(Lead) guryahooda. Xitaa xaddi yar oo boodhka balambam(lead) ah ayaa saamayn ku yeelan karta cunugaaga.

Ilmahaaga waxa laga yaabaa in aanu u ekayn ama aanu u dhaqmin mid buka. Dhibaatooyinka balambam(lead) ayaa laga yaabaa in aysan soo bixin ilaa goor dambe, laakiin waxay yeelan karaan saameyn wakhti dheer ah sida:

- Hoos u dhaca dhererka feejignaanta taas oo saameyn karta waxbarashada.
- Dhibaatooyin hab-dhaqan oo ay ka mid tahay firfircoonida.
- Bedelidda maqalka.

Carruurta da'doodu ka yar tahay 3 sano ayaa halista ugu badan ugu jira soo-gaadhista balambam(lead) sababta oo ah iyaga:

- Weli si degdeg ah ayey u korayaan.
- Balambam (lead) ayay nuugaan si ka sahlan dadka waaweyn.
- Waxay u badan tahay inay gacmahooda ama walxaha gashadaan afka.

Balambam (Lead) waxay jidhka gashaa marka carruurtu:

- Gashadaan afka gacmahooda ama alaab kale ee leh busta Balambam (Lead).
- Ay qaataan neef leh siigada balambam(lead).

khatarta caadiga balambam (lead) ee ugu badan waa:

- Goynta iyo diirida rinjiga iyo boodhka guryaha la dhisay ka hor 1978-dii.
- Boodhka balambam (lead) ee ka dhasha dib-u-habaynta guriga ama isticmaalka daaqaadaha iyo albaabada.

Ka Ilaali Ilmahaaga

Sunta Balambam(Lead) (sii socota)

Meelaha kale ee balambam (lead) laga helo:

- Ciida ama wasakhda.
- Biyaha (aan ahayn biyaha caadiga dadweynaha).
- Alaabta carruurtu ku ciyaarto iyo dahabka.
- Shaqooyinka sida dhismaha ama wax soo saarka, ama hiwaayadaha sida ugaarsiga iyo kalluumeysiga.
- Cuntooyinka iyo nacnacyada lagu sameeyay meel ka baxsan U.S.
- Daawo dhaqameed iyo waxyaalaha la isku qurxiyo ee dibadda laga keeno (sida kohl, greta, surma, iyo azarcon).
- Ka sameysan dhoobo la kululeeyay, qarsho dabiici , iyo galaas wasakhaysan.
- Alaabta guriga la rinjiyeeyay ee duugga ah.

Tallaabooyinka kale ee aad qaadi karto si aad u ilaaliso badbaadada cunugaaga waxaa ka mid ah:

- Kabaha oo aad kaga tagto albaabka si aad isaga ilaaliso in uu ku faafo boodhka balambamka(lead) ee ka imanaya dibadda ama goobtaada shaqada.
- Ilaalinta ballamaha la qorsheeyay ee dhakhtarka si joogto ah.
- Qubaysiga iyo beddelka dharka ka hor inta aanad taaban ilmahaaga haddii balambam(lead) kaa soo gaadho shaqadaadu.



Sababta uu Ilmahaaga ugu Baahan yahay Baaritaanka Balambam(Lead)

Carruurta badankoodu ma laha calaamado ama waxay yeelan karaan calaamado lagu qaldo cudurro kale.

Calaamadaha suurtagalka ah waxaa ka mid ah:

- Calool xanuun.
- Madax xanuun.
- Daal.
- Heerarka xaddiida oo hooseeya.

Goorma ayuu cunugaagu halis ku jiraa?

Cunugaagu khatar buu ku jiraa haddii aad haa kaga jawaabto mid ka mid ah su'aalahan:

1. Cunuggaagu ma ku jiraa Gargaarka caafimaadka?
2. Cunugaagu ma ku nool yahay [cinwaan guri khatar sare leh](#)?
3. Ilmahaaga ma ku nool yahay ama si joogto ah u booqdaa guri, goob lagu xannaaneeyo carruurta, ama dugsi la dhisay ka hor 1950-kii?
4. Cunugaagu miyuu ku nool yahay ama si joogto ah u booqdaa guri, goob lagu xannaaneeyo carruurta, ama dugsi la dhisay 1978-kii ka hor kaas oo leh rinji xumaaday?
5. Ilmahaaga ma ku nool yahay ama si joogto ah u booqdaa guri la dhisay 1978-dii kahor oo mar dhaw dib-u-habayn/dib u cusbooneysiin lagu sameyay, ku socota, ama u qorshaysan?
6. Ilmahaaga ma leeyahay walaal ama saaxiib oo leh ama soo gaadhay sunta balambam(lead)?
7. Ilmahaaga marar badan ma is gaadhaan jirkoodu qof weyn oo hiwaayad u leh ama ka shaqeeya balambam(lead)?
Tusaalooyinka waxaa ka mid ah dhismaha, alxanka, xirfad dheri sameynta, rinjiyeynta, iyo rasaasta tuurista.
8. Ilmahaaga ma ku nool yahay meel u dhow warshad dhalaalisa balambamka(lead) oo hada shaqeysa ama mar hore, warshad dib u warshadaysa batteriga, ama warshado kale oo loo yaqaan inay dhaliyaan boodhka balambamka(lead) hawada laga qaado?
- 9.



Sababta uu Ilmahaaga ugu Baahan yahay Baaritaanka Balambam(Lead)(sii socota)

Ma jiro heer aamin ah oo balambam(lead) ah oo ku jira dhiigga ilmaha.

Weydii dhakhtarkaaga inuu kaa baadho dhiiga! Baadhitaanka dhiiga oo kaliya ayaa ku ogaan doonta haddii ilmahaaga ay soo gaadhay balambam(lead).

- Sharciga hadda jira wuxuu u baahan yahay in dhammaan carruurta hasyta Medicaid laga baadho balambam(lead) marka ay da'doodu tahay 1 iyo 2 sano jir.
- Waxa kale oo loo baahan yahay in dhammaan carruurta ku nool cinwaanada khatarta sare leh laga baadho balambam(lead) markay da'doodu tahay 1 iyo 2 sano jir. Si aad u ogaato haddii aad ku nooshahay cinwaan khatar sare leh, la xidhiidh waaxda caafimaadka deegaankaaga ama gal www.odh.ohio.gov/lead
- Qodobbada kale ee halista ah (boggii hore) ayaa laga yaabaa inay muujinayaan baahida loo qabo baadhitaanka balambam(lead) ee dhiigga.
- Heerarka balambam(lead) waa in lagu xaqiijiyaa baadhitaanka muunad xididka marka ay ka weyn tahay ama la mid tahay 3.5 µg/dL oo baadhitaanka ugu horreeyana uu ka yimid muunad xididka (farta/usha ciribta).



Sababta uu Ilmahaaga ugu Baahan yahay Baaritaanka Balambam(Lead)(sii socota)

Maxay ka dhigan tahay?

- **<3.5 micrograms per deciliter ($\mu\text{g}/\text{dL}$):** Wax kasta oo balambam(lead) oo soo gaadha waxay waxyeelo u geysan kartaa ilmaha. Xitaa haddii heerka balambam(lead) ee dhiiga ilmahaaga uu ka yar yahay <3.5 $\mu\text{g}/\text{dL}$, ilmahaaga waxa uu kasoo gaadhi karaa balambam(lead) meel ka mid ah deegaankiisa. Wac waaxda caafimaadka deegaankaaga ama Waaxda Caafimaadka Ohio wixii macluumaad ah ee ku saabsan ilaha suurtagalka ah ee balambam(lead).
- **3.5 - <10 $\mu\text{g}/\text{dL}$:** Heerarka 3.5 $\mu\text{g}/\text{dL}$ ama ka sareeya, waxaa jira waxyaabo badan oo aad samayn karto si aad u yarayso ama aad uga ilaaliso heerka balambamka(lead) inuu kordho. Kuwaas waxaa ka mid ah gacmaha oo si joogta ah loo dhaqo, qoyaan nadiifinta dhammaan sagxadaha, iyo bixinta cunto nafaqo leh. Balambam(lead) waxay sababi kartaa waxyeelo joogto ah, waxaana suurtoagal ah in heerka balambam(lead) ee ilmahaaguu kordho ilaa aad tillaabooyin u qaaddo meelaha suurtoagalka ah ee ay ka soo gaadho balambamka(lead). Shaqaalaha waaxda caafimaadka ayaa kaa caawin doona go'aaminta ilaha suurtagalka ah ee soo-gaadhista balambam(lead).
- **10 - <45 $\mu\text{g}/\text{dL}$:** Haddii ilmahaagu qabo heerka balambamka(lead) dhiigga ee la xaqiijiyay ee 10 $\mu\text{g}/\text{dL}$ ama ka sareeya, waxa kula soo xidhiidhi doona barnaamijka ka hortagga sunta balambam (lead) ee carruurnimada ee degaankaaga ama gobolkaaga. Qiimeeyaha khatarta balambam (lead) ayaa jadwal u samayn doona baadhitaanka balambam (lead) ee caafimaadka dadweynaha. Waxa laga yaabaa in kormeerku ka dhaco gurigaaga ama meel kale oo uu cunugaagu wakhti ku qaato (tusaale, xarunta daryeelka caruurta, guriga caruur-xannaaneeyaha ama guriga qaraabada). Waxay kaa caawin doonaan inaad ogaato isha balambamka(lead) ka soo gaadho waxayna ku siin doonaan xeelado ka hortag ah. Maareeyayaasha kiiska balambam(lead) ee deegaanka ayaa diyaar u ah inay su'aalahaaga kaga jawaabaan taleefoon ama inta lagu jiro booqashada guriga.
- **$\geq 45 \mu\text{g}/\text{dL}$:** Haddii ilmahaaga qabo heerka balambamka (lead) dhiigga ee la xaqiijiyay ee 45 $\mu\text{g}/\text{dL}$ ama ka sarreeya, tani waxay u baahan tahay faragelin caafimaad oo degdeg ah. Isla markiiba la Tasho dhakhtarkaaga oo raac tilmaamihisa/heeda. Qiimeeyaha khatarta balambam (lead) ayaa kula soo xidhiidhi doona si uu jadwal ugu sameeyo baadhitaanka balambam (lead) ee caafimaadka dadweynaha sida ugu dhakhsaha badan. Raac dhammaan hagitaanadii hore ee loogu talagalay heerarka hoose ee balambam(lead).



Nadiifinta Guriga oo Dhan si loo Xakameeyo boodhka Balambamka(lead)

Liiska hubinta sahayda:

- ☐ Gacan-gashiyada caagga ah.
- ☐ Bacaha qashinka caaga ah.
- ☐ Maryo aan tifmeyn oo la tuuri karo oo aan nadiif ahayn.
- ☐ Dhalo buufin ee biyo ka buuxaan.
- ☐ Saddex baaldi oo caag ah ama baaldi saddex qol leh.
- ☐ Ku Masax maro la dhaqi karo ama la tuuri karo.
- ☐ Biyo iyo wasakhtire.
- ☐ Faakuumka HEPA ee xirfadlaha ah. Faakumooyin badan oo guryaha ayaa hawada ku faafi doona boodhka. Waxaad la xidhiidhi kartaa waaxda caafimaadka deegaankaaga si aad u hesho macluumaad dheeraad ah oo ku saabsan barnaamijka amaahda faakuumka bilaashka ah ee HEPA ama wac 614 - 466-1450.

Diyaari aagga:

Xidho gacan-gashi, soo qaad jabjab rinji oo weyn oo laga helo sagxadaha, daarada, iyo meelaha kale ee guriga ku xeeran.

- Ku rid jajabyada bac caag ah.
- Ka saar jajabyada rinjiga yaryar adigoo ku buufinaya biyo ka hor intaadan ku xaaqin xaaqinka. Xaaqidda qallalan waxay faafi doontaa boodhka balambamka(lead) agagaarka.
- Xir bacda caagga ah.
- Ku rid bacda qashinka.

Nadiifinta Guriga oo Dhan si loo Xakameeyo boodhka Balambamka(lead) (sii socota)

Ku dhaq dhammaan sagxadaha wasakhtire:

- Hal baaldi ka buuxi biyo iyo wasakhtire.
- Si aad u raaciso, ka buuxi baaldi kale biyo kaliya.
- Baaldiga saddexaad waxa loo isticmaalaa in lagu tirtiro biyo iyo wasakhtire kasta oo dheeraad ah.
- Xidho gacan-gashi, ku nadiifi saqafka ilaa sagxada calal.
- Xaaq sagxadaha adigoo isticmaalaya hab saddex baaldi ah.
- Si joogta ah u beddel marooyinka biyaha wasakhtiraha/madaxyada xaaqaya si aad uga fogaato in balambam(lead) sunta ay ku faafiyaan meelo kale.
- Marba meel qolka ku nadiifi qeyb adigoo isticmaalaya wasakhtire oo ay ku xigto biyo nadiif ah oo la raaciyo; ku marooji inta xad-dhaafka ah baaldi madhan.
- Ku shub biyaha la isticmaalay iyo wasakhtiraha musqusha. Iska ilaali inaad ku tuurto saxanadaha, tubbada qubeyska, iyo dayrarka.
- xaaqin qoyan oo leh suufyo la tuuri karo ayaa sidoo kale la isticmaali karaa. Beddel suufka la tuuri karo badanaa.

Roogyada iyo faakuumka:

- Isticmaal faakuumka HEPA ee xirfadlaha ah. (Fakuumooyinka kale ayaa laga yaabaa inay ku faafiyaan boodhka balambam(lead) guriga oo dhan.)
- Kor ilaa hoose nadiifi, marka hore nadiifi alaabta guriga iyo dahaarka.
- Si tartiib ah u nadiifi roogagga iyo roogagga aagga.
- Rog roogyada oo sidoo kale nadiifi dhinaca kale.
- Roogyada la tuuro waxaa laga yaabaa in si gooni ah loogu dhaqo mashiinka dharka.
- Beddel bacaha nadiifiyaha faakuumka/qasacadaha ee guriga dibaddiisa.



Nadiifinta Guriga oo Dhan si loo Xakameeyo boodhka Balambamka(lead) (sii socota)

Haddii ay suurtagal tahay, ka saar roogagga. Sagxadaha adag ee dulka ayaa sahlan in la nadiifiyo.

Xayawaanku waxay ka raadraaci karaan balambamka(lead) bannaanka daarada ama balbalada. Waxay ku jiri kartaa dhogortooda iyo cidiyahooda. Masax cidiyaha iyo dhogorta ka hor intaysan xayawaankaagu soo gelin guriga.

Haddii aad awoodi weydo inaad dhammaysato nadiifinta guriga oo dhan, ka bilow aagagga qolalka ay carruurtu wakhti ku qaataan. Qaar ka mid ah meelaha ugu badan ee laga helo boodhka balambam(lead) ayaa ah agagaarka daaqadaha iyo albaabada.

Nadiifinta boodhka balambam(lead) waa hab nabdoon oo muddo gaaban ah. Nadiifinta taxaddarka leh ee meelaha ay ku jiraan balambam(lead) waa mid aad muhiim u ah. Boodhka ayaa ku urura saqafka daaqadaha, sagxadaha, darbiyada, iyo alaabta lagu ciyaaro.

Saaridda isha boodhka balambam(lead) ayaa loo baahan yahay si qoyskaaga looga ilaaliyo khatarta balambam(lead).



Dib-u-habeynta amaan ka ah ee Balambam(lead)

Ka baadh gurigaaga in balambam(lead) leeyahay ka hor inta aadan

- Ka saaridda rinjiga.
- Dib-u-habaynin.

Haddii gurigaaga, guriga qaraabadaada, ama goobta lagu xanaaneeyo caruurta la dhisay ka hor 1978-dii oo dib u cusbooneysiin lagu samayay ama dib u habeyn, ha u ogolaanin cunugaagu inuu ku ciyaaro meel u dhow boodhka, jajabyada rinjiga, ama qashinka ka soo baxa dhismaha. Rinjiga balambam (lead) ayaa loo badinayaa in loo isticmaalay dhismaha, khalkhal galinta rinjiga waxay sababi kartaa soo-gaadhista balambam(lead).

Markaad dib-u-habayneyso.

- Hel caawimo khabiir. Wac Waaxda Caafimaadka Ohio (Ohio Department of Health) si aad u hesho caawimo ee helista shakhsi shati leh ama booqo www.odh.ohio.gov/lead wixii macluumaad dheeraad ah.
- Iska ilaali xoqidda rinjiga qallalan.
- Iska ilaali inaad isticmaasho qoriga kulaylka si aad uga saarto rinjiga balambam(lead) ee duuga ah.
- Isticmaal albaabbada caruurta ama xidh albaabada si aad carruurta uga fogayso aagga.
- Ka saar dhammaan alaabta guriga, roogagga aagga, daahyada, cuntada, dharka, iyo alaabta kale ee guriga ilaa nadiifinta la dhammeeyo.
- Alaabooyinka aan laga saari karin goobta shaqada waa in si adag loogu duubaa bac caaga ah oo lagu xiro galool.
- Ku dabool sagxadaha go'yaal baco ah.



Dib-u-habeynta amaan ka ah ee Balambam(lead) (sii socota)

- Haddii aad ka shaqaynayso shaqo weyn, ku dabool albaabada laga soo galo iyo kuwa laga baxa go'yaal baco ah oo samee hawo xidhid.
- Demi nidaamyada kululeeyaha hawada-qasabka ah iyo qaboojiyaha. Ku dabool hawo-mareenka bac oo ku sharootee bacda sharooto.
- Xir dhammaan daaqadaha goobta shaqada.
- Ku buufi biyo dusha sare ee rinjiga balambam(lead) si aad uga ilaaliso in boodhku faafo.
- Isticmaal hababka nadiifinta qoyan (bogagga 10 iyo 11) si aad si fiican u nadiifiso aagga ka dib marka shaqada la dhammeeyo



Gacan Kaga Gayso Yareeynta Balambam(Lead)

Adigoo Isticmaalayo Cunto Caafimaad Leh

Cuntooyinka ay ku badan tahay xadiida, kaalshiyamka, iyo fiitamiin C aad ayey muhiim ugu yihiin carruurta. Jirku wuxuu ku khaldi karaa balambam(lead) mid ka mid ah nafaqooyinkan. Carruurta aan heysan nafaqooyinkan aan ku filnayn waxay si fudud u nuugi doonaan balambam(lead) marka loo eego carruurta heysta.

Xaddiid

- Carruurta ay xadiidu ku yar tahay ama carruurta qaba dhiig-yaraantu aad bay halis ugu jiraan, waxayna nuugi karaan ilaa 50% ka badan balambamka(lead).
- Badiba badarka iyo roodhida ayaa ku jira xadiid (la xoojiyay).
- Hilibka caatada ah, khudaarta caleenta cagaaran, boorashka, miraha prunes-ka, iyo sabiibku waa ilo aad u fiican oo xadiidka laga helo.

Kaalshiyam

- Cunista cuntooyinka hodanka ku ah kaalshiyamku waxay kaa caawin kartaa inay ka ilaaliso balambam(lead) inay gasho dhiigga.
- Caano, farmaajo, brokoli, isbinaaj, caano fadhi, kale-ka, iyo cagaarka bagalka ah ayaa dhamaantood ah ilo wanaagsan oo laga helo kaalshiyamka.

Faytamiin C

- Faytamiin C waxaa laga yaabaa inuu u dhaqmo sidii wakiil ka ilaalinaya balambam(lead).
- Oranji, canabka, yaanyada, baradhada, brokoli, iyo miraha berry-ga waa ilo aad u fiican oo laga helo Vitamin C.



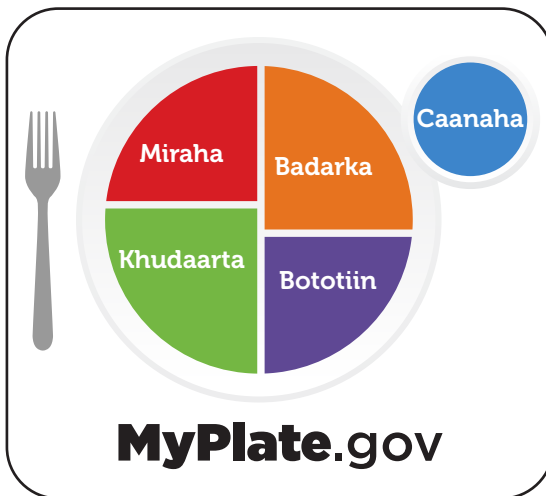
Gacan Kaga Gayso Yareeynta Balambam(Lead)

Adigoo Isticmaalayo Cunto Caafimaad Leh (sii socota)

Si loo hubiyo in cunugaagu ku dhaqmo caadooyinka nafaqeynta wanaagsan, kuwan soo socda ayaa lagula talinayaa:

- Ha noqon cunta la'aan; caloosha madhan si fudud ayay u nuugtaa balambam(lead).
- Marar badan dhaq gacmaha ilmahaaga, gaar ahaan kahor inta aysan wax cunin.
- Xaddid cadadka dufanka iyo sonkorta ee ku jira cuntada ilmahaaga.
- Sii murro iyo khudaar halkii aad ka siin lahayd barado iyo nacinac
- Sii cunto fudud oo caafimaad leh inta u dhaxaysa cuntada.
- Si habboon u dhaq cuntada cusub.
- Ha ku kaydin ama haku kululeynin cuntada weelasha aan loogu talagalin in lagu kariyo, sida gasacadaha ama dheryaha dhalaalka leh.
- Ha u oggolaan cunugaagu inuu cuno cunto dhulka ku dhacday.

Maskaxda ku hay in nafaqaynta wanaagsani aanay si buuxda uga hortegi karin in balambam(lead) soo-gaadho, balse ay aad muhiim ugu tahay caafimaadka iyo fayoaqabka guud ee cunugaaga. Macluumaad dheeraad ah oo ku saabsan diyaarinta cuntooyinka nafaqada leh iyo cuntooyinka fudud, fadlan booqo www.myplate.gov



Balambam(Lead) iyo Uurka

Adiga iyo ilmaha uurka ku jira labadaba waxa waxyeelo idiin ka soo gaadhi karo balambam(lead). Ilmahaaga way saameyn kartaa haddii aad la kulanto balambam(lead) markaad uur leedahay. balambam(lead) waxay sababi kartaa in ilmahaaga oo aad u yar dhakhsana u dhasho. Waxa kale oo aad yeelan kartaa fursad ka sareysa inta caadiga ah oo ah in ilmaha kaa dilmaan.

Talooyinka uurka caafimaadka qaba

- Cun cunto caafimaad leh, cunto dheelli tiran oo qani ku ah xadiida iyo kaalshiyamka.
- Joogteey booqoshada dhakhtarka dhalnada ka hor.
- Iska ilaali haddi shaqadaadu kaa soo gaadho balambam(lead).
- Marnaba afkaaga ha gelinin waxyaalaha aan cuntada ahayn. Mararka qaarkood haweenka uurka leh waxaa laga yaabaa in ay rabaan inay cunaan waxyaabo aan cunto ahayn. Tusaalooyinka qaarkood waxaa ka mid ah istaarijka galleyda, dhoobada la jajabiyey, iyo wasakh. Haddii aad leedahay rabitaan ah inaad cunto waxyaabaha aan cuntada ahayn, kala hadal dhakhtarkaaga.
- Dumarka uurka leh waa in AYSAN nadiifin boodhka balambam(lead). Sidoo kale ka fogee carruurta kale goobta nadaafadda.
- Haddii aad uur leedahay, ama aad ku fikirayso inaad uur yeelato, la hadal dhakhtarkaaga oo baro sida looga hortago in balambam(lead) ku soo-gaadho.



Khatarta Dhalmada Ka Hor

Qiimaynta Balambam(Lead)

Haddii aad haa kaga jawaabto su'aalaha 1-7, waxaa lagula talinayaa in lagaa baaro balambamka (lead) dhiigga.

- 1.** Adiga ama kuwa kale ee kula nool ma ka shaqeeysaan shaqada balambam(lead)? (Fiiri liiska hoose ee shaqooyinka laga yaabo inay kaa soo gaadho balambam(lead).)
 - Soosaarka rasaasta/waxyaabaha qarxa.
 - Buundada, tunnel-ka iyo dhisidda waddo-weyn oo sarreysa/tareen-hoose.
 - Dib u warshadaynta dhalada, dhalooyinka wasakhaysan iyo soo saarista dhalooyinka.
 - Soo-saarka iyo rakibidda qaybaha tuubooyinka.
 - Shaqooyinka la isticmaalayo qoryaha.
 - Wax-soo-saarka caagga.
 - Ka shaqeynta dukaamada dayactirka baabuurta.
 - Xadkhaha/fiilooyinka goosashada, kala qaybinta, ama soo saarista.
 - Yaraynta balambam(Lead).
 - Soo saarista mishiinada iyo qalabka warshadaha.
 - Soo saarista caagga.
 - Nadiifinta sagxadaha, ku xoqidda warqad ciideed, xoqidda, gubidda ama qaska rinjiga balambam(lead).
 - Soo saarista iyo dib u warshadaynta baytariga.
 - Soo saarka walxaha dhoobada ka sameysan.
 - Soo saarista balambam(lead) ama dhalaalinta.
 - Ka shaqeynta deyrarka qashinka biraha iyo dib u warshadaynta kale.
 - Xirfada dheri sameynta.
 - Isticmaalka rinjiga balambam(lead) ku salaysan.
 - Naxaas, maar, maar, ama balambam(lead).
 - Makiinaddaynta ama shiididda alloy-ga balambam(lead).

- Shaqada baaxadda rasaasaynta.
- Makiinaddaynta ama shiididda alloy-ga balambam(lead).
- Ka shaqeynta qaybaha mootoorka iyo agabka.
- Soo saarista iyo isticmaalka diyaarinta kiimikada.
- Alxanka ama ku jarida holac kulul bir rinji leh.

2. Adiga ama kuwa kale ee kula nool ma leeyihiin wax hiwaayad ama waxqabadyo ah oo ku lug leh balambam(lead)? (Fiiri liiska hoose ee hawlaha laga yaabo inay kaa soo gaadho balambam(lead).)

- Samaynta dhalada wasakhaysan ama rinjiyeynta dhalada wasakhaysan.
- ku dhajinta maarta.
- shubista Maarta.
- Samaynta alaabta dhoobada iyo dhoobada dhaldhalaalka leh ee leh dhaldhalaalka balambam(lead) iyo rinjiga.
- Tuurista rasaasta, birta kalluumaysiga, ama walxaha adag ee balambam(lead).
- Uruurinta, rinjiyeynta, ama ku ciyaarista ciyaaraha walxaha adag ee balambam(lead).
- Dahab lagu sameeyo alxanka balambam(lead).
- Qalabka elektiroonigga ah oo leh alxanka balambam(lead).
- Dib-u-habaynta alaabta guriga.
- ku buufinta dhalada dhalaaleysa xumbo dhaladaas oo leh balambam(lead)
- Samaynta daabacaadda iyo farshaxanno kale oo wanaagsan.
- Nadiifinta khamriga.
- Ugaadhsiga iyo toogashada bartilmaameedka ah.

Khatarta Dhalmada Ka Hor

Qiimaynta Balambam(Lead) (sii socota)

- 3.** Guriga makuu joogaan carruur ay soo gaadhay balambam(lead)?
- 4.** Ma u leedahay taariikh in ay balambam(lead) ku soo-gaadhay?
- 5.** ma hagaajinaysaa guri la dhisay 1978-dii ka hor, hadda, mise shantii sano ee la soo dhaafay ee aad u hagaajineyso shaqadaada, hiwaayaddaada, ama isticmaalkaaga shakhsi ahaaneed?
- 6.** Mararka qaarkood haweenka uurka leh waxay rabaan inay cunaan waxyaabo aan cunto ahayn, sida dhoobadda, ciidda, malaasta, ama jajabyada rinjiga. Weligaa ma cuntay ama ma calaalisay waxyaabaha aan cuntada ahayn?
- 7.** Ma ku dhalatay ama wakhti ma ku qaadatay meel ka baxsan Maraykanka?

Haddii aad HAA kaga jawaabto su'aalaha 1-7, waxaa laguugula talinayaa in lagaa baadho balambamka (lead) dhiigga.

- 8.** Inta aad ka ogtahay, biyaha gurigaaga ma laga baadhay balambam(lead), haddii ay sidaas tahay, ma lagu sheegay in heerku sarreeyo (≥ 15 qaybood halkii bilyan)?
- 9.** Ma isticmaashaa wax dawooyin dhaqameed ah ama waxyaalaha la isku qurxiyo oo aan lagu iibin dukaanka caadiga ah ee dawada ama guriga lagu sameeyo, lagana yaabo inay ku jirto balambam(lead)? Tusaale: kohl, kajal, surma, greta, azarcon, bali goli, payloo-ah, iyo ghazard.
- 10.** Ma isticmaashaa dheriyo guriga lagu sameyay ama qarsho balambam(lead) ka sameysan si aad wax ugu cunto ama ugu cabto?
- 11.** Miyaad ku nooshahay, ama si joogto ah u booqataa, guri la dhisay ka hor 1978-dii kaas oo rinjiga ka jajabay ama ka diirmay, ama dib loo habeeyey ama loo cusbooneysiyyay shantii sano ee la soo dhaafay?

Haddii aad HAA kaga jawaabtay su'aalaha 8-11, la-talin/waxbarasho ah dhimista khatarta ayaa laguugula talinayaa.

Buug-yaraha khadka tooska ah iyo agabka loogu talagalay sunta balambam(lead) ee carruurnimada

Waaxda Caafimaadka Ohio (ODH)

www.odh.ohio.gov (Raadi ereyga muhiimka ah ee "sunta balambam(lead)").

1-877-LEAD SAFE

Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC)

www.cdc.gov/nceh

Akademiyada Maraykanka ee Dhakhaatiirta Carruurta

aap.org (Raadi ereyga muhiimka ah ee "sunta balambam(lead)").

Waaxda Gargaarka caafimaadka ee Ohio

(Ohio Department of Medicaid)

medicaid.ohio.gov

Xarunta Qaranka ee Guriyeynta Caafimaadka leh

www.healthyhousing.org

Waaxda Guryaha iyo Horumarinta Magaalooyinka ee Maraykanka

(U.S. Department of Housing and Urban Development(HUD))

www.hud.gov/program_offices/healthy_homes/leadinfo

Wakaaladda Ilaalinta Deegaanka ee Maraykanka

(U.S. Environmental Protection Agency(EPA))

www.epa.gov/lead