

Kahortagidda Sunta Macdanta Jilicsan (dhismaha guryaha iyo jidadka loogu isticmaalo)

Macluumaad dheeraada soo booqo shaqabakadeenna: www.azhealth.gov/lead.
Telefoonka: 602-364-3118 limeylka: healthyhomes@azdhs.gov

- ★ Baaritaanka dhiigga ee laga qaadayo caruurta oo IDIL iyo dumarka xaamilada ah waa in dib lagu celiyo 3-6 biloodba kaddib marka ugu horreysa ee baaritaanka caafimaadka dhiigga laga qaadayo.
- ★ Waxaad eegtaa meelaha ay ka soo gali karto macdanta jilicsan ee sunta ah sida gurigaaga, rugta xanaanada caruurta, dugsiga, ama shaqadaba!

MEEAHA AY MACDANTA JILICSAN KA IMAANAYSO

Rinjiga ka samaysan Macdanta Jilicsan



Guryaha la dhisay wixii ka horreeyay 1978, HA taaban rinjiga googo'ay/rinjiga soo fuqaya. HA ku cayaarin bombolada duug ah/dibadda laga keenay.

Badeeca Dibadda Laga Keeno



Badeecada laga keeno waddamada kale sida ashuunnada/tinaarrada oo kale ee loogu talagalay in wax lagu kariyo ama waxa wax lagu qurxiyo, sida indhakuusha oo ay ku jiri karto macdanta jilicsan ee sunta ah.

Daawada Dhaqameed (Dabiiciga)



Macdanta jilicsan ee sunta ah ayaa dhici karta inay ku jirto daawada dhaqameed sida greta & azarkon ee loo isticmaalo cudurka caloosha ama fooxa loogu talagalay in caruurta lagu dajiyo.

Dhirta cuntada lagu darsado



Dhirta cuntada lagu darsado (xawaaj) sida sacfraanka, dhirta cuntada lagu carfiyo, basbaaska madow, iyo dhirta sharbeedka ah ayaa dhici karta inay lahaadaan macdanta jilicsan ee sunta ah.

Dhagsaxa iyo ciidda la cunayo



Cunista dhagaxyada/ciidda, rinjiga fuqaya, jeessada, iwm. waxay sababi karaan ku sumoobidda macdanta jilicsan: siiba ku dhacda dumarka xaamilada ah.

NADIFIINTA

Faraxalashada Sabuunta (Gacmo-dhaqashada)



Boombolada ha la dhaqo



Kabaha dibadda looga soo tago



KA LEEEXO: xaaqista, boorka rinjiga, karbeetada habaaska laga qaadayo

Xaaqinka qoyan & tirtiridda qoyan



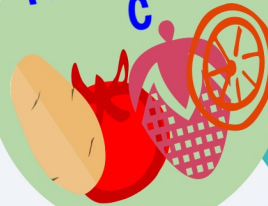
HEPA filtarka wax dhuuqaya



CUNTADA (NAFAQADA)

Cuntooyinka soo socda ayaa hoos u dhigi heerka sunta jilicsan ee sunta ah ee canuggaga ku jirta.

Fitaamiinka C



Digirta Cagaaran
Hilibka Steegga ah
Bataatooyinka
Yaanyooyinka
Istarooberriga
Digaagga
Mallagayga
Ukunta
Oranjiga
Farmaahaha
Caanaha

Kalsiyumka



Birta



PREVENT LEAD POISONING

For more information, visit our website at www.azhealth.gov/lead
Phone: 602-364-3118 Email: healthyhomes@azdhs.gov

- ★ Repeat blood lead testing for ALL children & pregnant women 3-6 months after first screening.
- ★ Look for sources of lead in your home, daycare, school, or work!

SOURCES OF LEAD

LEAD-BASED PAINT



- Old homes (1978)
- Chipping/peeling paint
- Toys

IMPORTED GOODS



- Pottery for cooking or storing food
- Makeup (e.g. Kohl)

FOLK MEDICINE



- Greta & azarcon (for stomach illness)
- Bakhoor incense (used to calm infants)

SPICES



- Examples: turmeric, coriander, black pepper, thyme

EATING STONES



- Stones, paint chips, dirt, clay, chalk
- Common among pregnant women

CLEANING

Wash hands
with soap



Wash toys



Keep shoes
outside or by the door



AVOID: Sweeping, dry dusting, beating rugs

Mop & wet
wipe



HEPA filter
vacuum



NUTRITION

These foods can
help lower your
child's lead level.

Vitamin C



Potatoes
Tomatoes
Strawberries
Oranges
Cheese
Milk
Peas
Steak
Chicken
Fish
Eggs

Calcium



Iron

