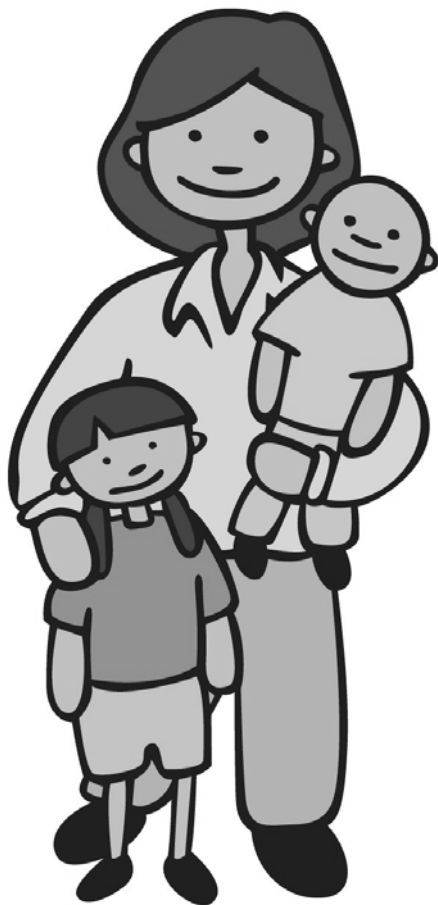

Ka Raadinta Ledh Gurigaaga



Tusmada

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Hordhac

Buugan yar wuxuu ku siinayaa macluuumad kaa caawin doona helitaanka ilaha ledh kuwaas oo laga yaabo inay khatar ku yihiin qoyskaaga. Wuxuu ka kooban yahay:

- Su'aalo kaa caawinaya inaad ogaato **haddii aad halisku jirto**
- Talooyin ku saabsan **waxa aad sameyn kartid** si aad u difaacdo ilmahaaga
- Sharaxaado iyo tusaalooyin ku saabsan **meelaha ledh laga helo**
- Ilaha macluumaad badan

Qeybo ka mida buugan yar ayaa laga yaabaa inaanay ku khusayn. Su'aalaha bilowga qeyb kasta ayaa kaa caawin doonta inaad go'aan ka gaadhid haddii qeybtani ku khusayso.

Waa muhiim inaad ogaato Vermont in carruurta badankooda ay ku sumoobaan cunitaanka dhaska ledh. Isha ugu caamsan ee dhaska ledh waa rinjiga guryaha la dhisay ka hor 1978. Sanadkii 1978 ayaa laga mamnuucay in lagu rinjiyeeyo guryaha.

Carruurta sidoo kale waxay ku sumoobi karaan ledh ilo kaliya aan ahayn rinjiga ledh. Biyaha, ciida iyo alaabooyin badan ayaa ka koobnaan kara ledh. Ledh ayaa sidoo kale guriga kusoo gaari karta shaqada ama qof weyn oo hiwaayad ama madadaalo u isticmaala ledh.

Dhamaan carruurta waa inay maraan baaritaanka dhiiga ledh ee da'da 1 iyo 2.

Ledh-ta Rinjiga

Miyaad Halis Ku Jirtaa

Miyaad ku nooshahay guri la dhisay ka hor 1978?

Haa Maya

Haddii ay haa tahay, kasoo qaad in gurigaagu leeyahay rinji ku saleysan ledh.

Waxa Aad Sameyn Kartid

- Si joogto ah u hubi jajabka, qolofa ama dilaaca rinjiga.
- Ka jooji carruurta inay helaan jajabka, qolofa ama dilaaca rinjiga.
- Haddii aad ku jirto kiro, la xiriir mulkiilaha guriga marka aad hesho jajabka, qolofa ama dilaaca rinjiga. Sharciga Vermont ayaa uga baahan mulkiilayasha inay ku ilaaliyaan rinjiga xaalad fiican.
- Haddi aad adigu leedahay, Isticmaal dhaqan shaqo oo amaan ka ah ledh, si aad u dayactirto jajabka, qolofa ama dilaaca riniga.
- Kaliya isticmaal nadiifiye leh kala miiraha HEPA si aad u nadiifiso jajabka ledh iyo dhaska. Nadiifiye aan lahayn kala miiraha HEPA wuxuu dhaska ledh dib ugu afuufaa hawada.
- Isticmaal shukumaano qoyan oo la tuuri karo si aad u nadiifiso jajabka ledh iyo dhaska. Jafida qalalan ama xaaqida qalalan waxay dhaska ledh ku faafin doonta agagaarka.
- Isticmaal dhaqan shaqo oo amaan ka ah ledh markasta oo aad dib u dhisayso ama dayactirayso gurigaaga.

Wac barnaamijka ka hortagga summowga ledh ee carruurta wixii macluumaad dheeraad ah ee ku saabsan khataraha rinjiga ledh iyo dhaqanka shaqada amaanka ah.800-439-8550 or 802-865-7786

Dhamaan meelaha rinji leh waa in laga hubiyaa jjabka, qolofa ama dilaaca rinjiga. Qeybo gaar ah oo ka mida guriga ayaa u baahan fiiro gaar ah.

- Daaqadaha

Rinjiga ayaa ka xoqmi kara daaqadaha maadaama la furo ama la xiro. Jajabka iyo dhaska ayaa ku dhaca xakabadaha daaqadaha iyo daaqadaha hoose.

- Albaabada

Dhaska iyo jajabka ledh ayaa ku dhici kara sagxada maadaama albaabada la furo oo la xiro. Ka digtoonow iridaha dhallaanka ee u dhow albaabada inay xoqi karaan ama jajabin karaan rinjiga, taasoo abuuraysa dhaska ledh iyo jajab.

- Alwaaxda gidaarka

Alwaaxda gidaarka ayaa garaacma ama jajaba inta lagu gudo jiro nolol maalmeedka caadiga ah.

- Sagxadaha iyo Kaabadaha

Rinjiga ayaa ka xoqma sagxadaha iyo kaabadaha maadama dadku dul socdaan. Ciida ledh ee ka timid dibada ayaa sidoo kale soo raaci karta.

- Balbaladaha/Barandaha

Cimilada Vermont ayaa ku adag dulaha dibada, balbalado/barandayaal badan ayaa leh jajab, dilaac rinji, deyr biro ka sameysan iyo sagxado.



Ledh-ta Ciida

Miyaad Halis Ku Jirtaa

Miyaad leedahay ciid u dhow agagaarka aasaaska dhismaha (guri/geerash/cariish) la dhisay ka hor 1978?

Haa Maya

Miyaad ku nooshahay meel u dhow wado mashquul ah?

Haa Maya

Waxa Aad Sameyn Kartid

- Kaga tag kabaha albaabka si aad uga hor tagto ciida ka kooban ledh inay guriga soo gasho.
- Ka ilaali carruurta inay ku ciyaaraan ciida u dhow guryaha gaboobay iyo dhinacyada wadooyinka.
- Keen ciid aan lahayn ledh. (ciida carruurta ku ciyaarto)
- Ku dabool ciida 6 ilaa 8 iinj oo ah caleemo, quruurux ama ciid aan lahayn ledh.
- Ka beer doog ciida.
- Ka fogow inaad ku beerto beeraha khudaarta dhinacyada dhismayaasha gaboobay, wadooyinka ama meel kasta oo ledh ku jiri karto ciida.
- La soco in ledh joogto lakabka sare ee ciida sannado. Laga yaabaa in ishu tagtay tusaale ahaan gaasta ledh, laakiin ledh waxay ku nagaatay ciida.

Xagee Laga Helaa

Ledh-ta ciidu waxay ku nagaataa lakabka sare ee ciida sannado.

- Ledh waxa laga heli karaa ciida u dhow dhismayaasha lagu rinjiyeeyay rinji ku salaysan ledh.
- Ledh-ta qiiqa baabuurta markii gaasta ledh la isticmaali jiray, waxa laga yaabaa in laga helo ciida dhinacyada wadooyinka.
- Gubitaanka wax kasta oo lagu rinjiyeeyay rinjiga ledh ayaa hawada u dira ledh taasoo dib u gasha ciida.
- Ledh-ta ka kooban Arsenate ayaa si joogto ah loogu buufin jiray cayaaynka beeraha tufaaxa. Ciida beeraha ama meeshii ahaan jirtay beer ayaa ka koobnaan karta ledh.
- Xoqida, sulubida qalalan, biyo ku buufinta, si cadaadis ah u meydhida rinjiga ledh ama isticmaalka mashiinka masaabiirta ayaa ledh u diri karta hawada taasoo dib u gasha ciida.
- Ciida u dhow warshadaha u isticmaala ledh hanaanka wax soo saarka ayaa ka koobnaan karta ledh.
- Toogashada fog ee dibada ayaa laga yaabaa inay leeyihiin ciida ledh.



Ledh-ta Shaqada

Miyaad Halis Ku Jirtaa

Miyaad la shaqeysaa ledh, markaad shaqeynayso?

Haa Maya

Fiiri liiska ku yaala bogga danbe si aad u ogaato tusaalooyinka shaqooyinka ku lug lahaan kara ledh.

Waxa Aad Sameyn Kartid



- Ka taxadir inaanad guriga keenin ledh-ta shaqada
- Iskaga saar dharka iyo kabaha shaqada goobta shaqada.
- Ku maydho oo dhaq wajiga iyo timaha marka aad shaqada joogtid ama si deg-deg ah marka aad guriga timaadid.



- Ku rid dharka caadiga ah iyo kuwada shaqada sanduuqyo kala duwan.
- U dhaq dharka shaqada si ka gooni ah dharka kale.
- Ku rid dharka iyo kabaha shaqada bac marka aad socoto ama ka hor inta aanad dhaqin.



- Ka ilaali baabuurkaaga dhaska ledh ee ka imaada shaqada, hubso in dhaska ledh aanuu gaadhin kursiga dhalaanka ee gaariga.
- La soco in Marine, Auto, Bicycle ama rinjiyada kale ee ganacsi ay ka koobnaan karaan ledh.

Wac barnaamijka ka hortagga summowga ledh ee carruurta wixii macluumaad dheeraad ee ku saabsan la shaqeynta ledh ee shaqada iyo ka joojinta inay guriga timaado.

800-439-8550 or 802-865-7786

Baabuurta

Rinjiyeynta buudhiga ama dayactirka baabuurta
Isku uririnta ama furfurida baabuurta iyo xamuulada
Soo saarka, dib u warshadeynta ama dayactirka baytariyada
Soo saarka ama dayactirka hiitarka

Xirfadaha Dhismaha

Ku simaanka buufinta ama or yareynta rinjiga ledh
Rinjiyeynta ama ka saarida rinjiyada ganacsi
Qasabadaha
Dayactirka/Dib-u-dhiska dhismayasha ama dhismayasha birta ah
Badbaadinta/burburinta/ku jarida ololka ee dhismayaasha
Alxanka, gijjinta ama dhisida dhismayaasha birta ah

Hubka

Soo saarka rasaasta, walxaha qarxa ama balal
Soo saarka hubka, dayactirka ama toogashada.

Shaqada Biraha

Soo saarka, dib u warshadeynta, dayactirka ama isku xirida
xarkaha/siliga
Shubida, abuurida, daqijjinta ama nadiifinta biraha
La macaamilida/deminta/qaboojinta kulayka biraha
Macdan qodista, ka soo saarida iyo sifeynta biraha
Noocyo kamida dahaadhida biraha
Nidaaminta biraha duuga ah iyo dib u warshadeynta

Kuwo Kale

Soo saarka xabagta ama daboolaha
Soo saarka qeybaha diyaaradaha
Soo saarka ama dayactirka koombuyuutarada
Soo saarka ama isticmaalka khadka, dheeha ama midab
Ku daabacida mashiinka Linotype
Soo saarka alaabta korontada
Soo saarka rinjiga
Soo saarka cinjirka ama caaga
Dhisida, dayactirka, ama badbaadinta markabyada
La shaqeynta galaasyada, weelka, dhoobada, quruuradaha
ama muraayadaha

Ledh-ta Biyaha

Miyaad Halis Ku Jirtaa

Nidaamka qasabadahaagu miyuu gaboobay?

Haa Maya

Miyaad haysataa naxaas ama agabka dhalaala ee guryaha (qasabadaha iwm)?

Haa Maya

Miyaad biyahaaga ka dhadhamisay ledh?

Haa Maya

Waxa aad sameyn Kartid

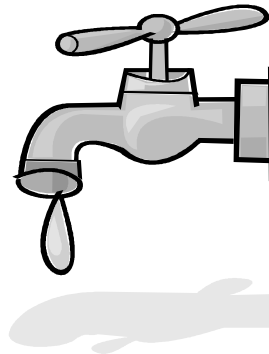
- Sii daa biyaha ilaa ay qaboobaan markaad aad sameyneysid cunto, cabitaan, cuntada dhallaanka ama barafka.
- La soco in biyaha oo la karkariyaa aanay ledh ka saarin.
- Ka ilaali carruurtaada inay ka cabaan tuubooyinka maadama tuuboyinka caaga ahi ka koobnaan karaan ledh.
- Tijaabi in tuubada jikadaadu ay leedahay ledh.

Wac sheybaarka waaxda caafimadka ee Vermont si aad u ogaato macluumaad ku saabsan tijaabinta biyahaaga.
800-660-9997 ama 802- 863-7335

Xagee Laga Helaa

Meelo badan oo kamida nidaamka qasabadaha ee guriga ayaa ka koobnaan kara ledh.

- Qasabadaha gaboobay iyo rakibka ayaa mararka qaar ka koobnaan kara ledh.
- Alxanka loo isticmaalo tuubooyinka ayaa ka koobnaan kara ledh. Xeerka qasabadaha ee Vermont ayaa 1989 mamnuucay isticmaalka alxanka leh ledh ee nidaamka biyaha la cabo.
- Alaabta wax lagu rakibo, gaara ahaan kuwa laga sameeyay naxaasta ama agabka dhalaala ee guryaha (qasabadaha iwm) ayaa ka koobnaan kara ledh.
- Saacadaha biyaha ee ka sameysan naxaasta ayaa ka koobnaan kara qadar yar oo ledh ah.
- Biyaha kulul ayaa si fudud ugu darsama ledh marka la bar-bardhigo kuwa qabow. Tani waa sababta aad biyaha u siin deyn doonto ilaa ay qaboobaan markaad cunto sameynayso, cunayso, cuntada dhallaanka.



Ledh-ta hiwaayadaha iyo madadaalooyinka

Miyaad Halis Ku Jirtaa

Miyaad ka qeybqaadataa hiwaayado iyo madadaalooyin isticmaala ledh?

Haa Maya

Bogga danbe ka fiiri tusaalooyinka hiwaayadaha iyo madadaalooyinka ama hawlaha ku lug lahaan kara ledh.

Waxaad Aad Sameyn Kartid



- Ha u ogolaan carruurta meesha aad ku sameysid hiwaayadaada ama madadaaladaada.
- Nadiifi meesha aad ku sameysid hiwaayadaada adigoo adeegsanaya habab nadiifinta ledh u gaar ah.
- U dhaq gacmahaaga si fiican kadib markaad isticmaasho ledh.



- Ka ilaali oo ka sooc dharka aad ku isticmaashid hiwayaadada kuwa caadiga ah.
- Si deg-deg ah u maydho oo u dhaq wajigaaga kadib markaad isticmaashid ledh hiwaayadada ama madadaaladaada.



- U dhaq dharka aad ku isticmaashid hiwaayada ama madaladaada si ka gooni ah dharka kale.
- La soco in marine, auto, bicycle ama iyo rinjiyada ganacsiga ee kale ay koobnaan karaan ledh.
- Ka fiiri "Ledh-ta Shaqada," bogga 6aad si aad u hedho talooyin kale oo khusayn kara.

Farshaxanka iyo Farsamada Gacanta

Shubitaanka Maarta

Uririnta ama rinjiyeynta taalooyinka

Qurxinta naxaasta

Sameynta dahabka

Sameynta ama rinjiyeynta muraayadaha

Sameynta weelka, dhoobada ama dheriyada ka sameysan quruuradaha iyo rinjiyada

Rinjiyeynta/sawirida/farshaxanada kale ee wanaagsan (Marka ay ku jiraan caddaanka ledh, huruud ama caddaanka saafiga ah)

Dhisida iyo Dayactirka

Rinjiyeynta/ka-siibida ama dayactirka baabuurta, doomaha ama baaskiiladaha.

Rinjiyeynta qeyb ka mida guriga ama alaabta guriga.

Soo celinta qadiimiga

Dib u habeynta, dayactirka ama dib u cusbooneysiinta guryaha.

Alxanka

Isticmaalka qalabka dhismaha ee la badbaadiyay.

Ciyaaraha iyo isboortiga

Ugaarsiga, toogashada, Ku kalluumeysiga miisanka ledh

Sameynta ama dayactirka hubka

Militaanka ledh ee jilaabka kalluumeysiga ama rasaasya

Ku ciyaarida taalooyinka ledh

Isticmaalka nuurada ciyaarta miiska

La shaqeynta rasaasta, toogashada, walxaha qarxa, buleerka

Kuwo Kale

Daahirinta khamriga

Sonkoreynta maabal iyadoo la isticmaalayo qalab gaboobay oo leh ledh.

Dayactirka koombuyuutarada

Ku isticmaalida alxanka ledh elektarooniga.

Ledh-ta Alaabooyinka la isticmaalo: Caam

Miyaad Halis Ku jirtaa

Ilmahaagu miyuu haystaa jawharado ka sameysan bir ama loox la rinjiyeeyay?

Haa Maya

Ilmahaagu miyuu ku ciyaaraa furayaasha birta ah?

Haa Maya

Ilmahaagu miyuu isticmaalaa alaabooyinka ay dib ugu yeereen komishanka badbaadada alaabooyinka la isticmaalo?

Haa Maya

Waxa Aad Sameyn Kartid

- Ka fogee carruurta alaabta leh ledh.
- Ha u ogolaan carruurta inay ku ciyaaraan furayasha birta ah ama walxaha kale ee birta ah.
- Si joogto ah u hubi komishanka badbaadada alaabooyinka la isticmaalo si aad u ogaato alaabooyinka dib loogu yeeray eel eh ledh.

Macluumaad ku saabsan dib u yeerida: www.cpsc.gov



Xagee Laga Helaa

Boggan wuxu bixinayaa tusaalooyinka alaabada caamka ah ee koobnaan kara ledh.

Alaabooyinka Carruurta ee Lagu Sameeyay Dalal Kale

Jawharadaha carruuta

Tamaashiirta

Agabka barxadaha ciyaarta ee birta ka sameysan

Alaabta lagu ciyaaro ee birta ka sameysan

Alaabta lagu ciyaaro ee la rinjiyeeyay

Alaabta Badanka Carruurta Helaan

Furayaasha guriga iyo baabuurta

Silsiladaha furayaasha

Siibadaha

Kuwo Kale

Rinjiyada Automotive, marine, iyo kuwa ganacsi (ee aan guryaha loogu talo galin)

Shidaalka duulista

Bayteriyada baabuurta

Qeybaha koombuyuterka

Jilaabka kalluumeysiga

Khadka iyo dheeha loo isticmaalo shay-yada ay kamid yihiin dharka iyo baakadaha

Toogashada lead

Caaga PVC ee baabuurta

Hiitarka iyo alxanka buudhiga baabuurta

Khadka jirka la isaga sawiro (taatoo)

Miisaanka shaaga baabuurta



Ledh-ta Alaabooyinka La Isticmaalo: Guryaha

Miyaad Halis Ku Jirtaa

Ma haysataa alaabta guriga oo qaraami ah?

Haa Maya

Miyaad isticmaashay qalabka dhismaha la badbaadiyay ee gurigaaga?

Haa Maya

Miyaad isticmaasha weelka ama kuwa dhoobada ah ee lagu sameeyay dalal kale gaara ahaan Mexico ama China?

Haa Maya

Ma leedahay daahyada caaga ah oo aanay ku qorneyn ka amaan ah ledh?

Haa Maya

Ma leedahay shamac dubaalad bir ah leh?

Haa Maya

Waxa Aad Sameyn Kartid

- La socio in alaabta qaraamiga ah ay lahaan karto rinjiga ledh, isticmaal dhaqanka shaqada amaanka ah marka aad hagaajinayso.
- Isticmaal dhaqanka shaqada amaanka ah marka aad dib u isticmaal u diyaarinayso qalabka dhismaha la badbaadiyay sida albaabada iyo daaqadaha. Xitaa qeybaha lakala furay ayaa ledh lahaan karta.
- Ha u isticmaalin weelka iyo dheriyada gacanta lagu sameeyay cunitaan ama cabitaan.
- Haku keydin cuntada qasaacadaha furan, weelka ama kuwa quruurada ah.
- La socio in daahyada caaga ahi ka koobnaan karaan ledh.
- Ha gubin shamacyada leh dubaalad bir ah.

Xagee Laga Helaa

Alaabooyin badan oo guriga yaala ayaa ka koobnaan kara ledh
Liiskan wuxuu bixinaya tusaalooyin.

Alaabta Guriga

Saxanka iyo baadka lagu qubeysto ee **quruxda badan**
Daahyada caaga ah ee lasoo dejiyey
Alaabta guriga gabowday ee la rinjiyeeyay ama la dahaadhay
Qalabka dhismaha la badbaadiyay marka lagu daro kuwa la
furfuray, rinjiyeeyay ama wasakhoobay

Weelka iyo Weelasha

Ouruurada ka sameysan
Dheriyada quruurada ka sameysan iyo kuwa dhoobada ah,
gaar ahaan kuwa laga keeno Mexico iyo China
Weelka birta ah ee leh alxanka ledh (samovars)
Koobabka iyo bileedhada jaandiga ah

Qurxinta Guryaha

Sharaxaadaha quruurada ah ama albaab joojiyayaasha
Alaabta carruurto ku ciyaarto oo askari ah ama noocyada kale
Shamacayada leh dubaalada birta ah, gaar ahaan kuwa
lagasoo dejiyey China and Mexico

Kuwo Kale

Xadhkaha korontada
Tuubooyin



Ledh-ta Alaabooyinka La isticmaalo: La soo Dejiyey

Miyaad Halis Ku Jirtaa

Ilmahaagu miyuu cunaa nac-nac laga keenay Mexico?

Haa Maya

Miyaad cuntaa cuntooyinka lasoo dejiyo iyagoo qasaacadaysan?

Haa Maya

Miyaad isticmaasha dawooyinka guriga lagu sameeyo ama kuwa la isku qurxiyo ee laga keeno dalalka kale?

Haa Maya

Waxa Aad Sameyn Kartid

- La soco nac-naca laga keeno Mexico wuxuu koobnaan karaa ledh.
- La soco alxanka ledh ayaa laga yaabaa in wali loo adeegsado qasaacadynta dalalka qaar.
- Iska ilaali isticmaalka daawooyinka guriga ama kuwa la isku qurxiyo

Xagee Laga Helaa

Alaabta laga soo dejiyo dalalka qaar ayaa ka koobnaan karta ledh.

Liiskan ayaa bixinaya tusaalooyin.

Daawooyinka Guriga

Azarcon (Mexico/Bartama Mareykanka) sido kale loogu yeero

Rueda, Corol, Alarcon, Maria Luisa, Ligo

Ba-Baw-San (China)

Bala Goli (Asian Indian/Barriga Dhexe)

Bint Al Zahab (Iran)

Bint Dahab (Saudi Arabia)

Bokhoor (Kuwait)

Ghasard (Asian Indian/Barriga Dhexe)

Greta (Mexico)

Jin Bu Huan (China)

Kandu (Asian Indian/Barriga Dhexe)

Pay-loo-ah (Vietnam)

Po Ying Tan (China)

Santrinj (Saudi Arabia)

Fiitamiinka dabiiciga ah ee Tibetan

Daawo dhaqmeedka Saudi Arabia



Alaabta La Isku Qurxiyo ee Lasoo Dejiyey

Kohl (Barriga dhexe, India, Pakistan, iyo qeybo kamida Africa)

sido kale loogu yeero Alkohl ama Hashmi Surma

Litargirio (Dominican Republic)

Pakistani - alaabta indhaha lagu qurxiyo

Surma (India)

Kuwo Kale

Nac-Naca ka imaada Mexico

Cuntooyinka qasaacadysan ee lagu awday alxanka ledh



Ilaha

Waaxda Caafimadka ee Vermont

Barnaamijka ka hortaga summowga ledh ee carruurta
108 Cherry Street, PO Box 70
Burlington, VT 05402

800-439-8550

802-865-7786

<http://healthvermont.gov>

Gudiga Guryeynta iyo Daryeelka ee Vermont

Barnaamijka hoos u dhigida khataraha ledh
58 East State Street
Montpelier, VT 05602

800-290-0527

802-828-5064

<http://www.leadsafevermont.org>

