

Sharciga gobolku waxa uu ku waajibiyay in dhamayan caruurta reer Vermont laga baadho liidhka (lead) ugu yaraan marka ay yihiin 1 sano oo markalena la baadho 2 jirkooda

Ma jirto heer amaan ah oo liidh ah oo jidhka ku jira. Ilmaha waxaa waxyeeli kara liidhka oo asagoo weli u ek cunug caafimaad qaba. Liidhku waxa uu waxyeeli karaa korniinka, habdhaqanka iyo awooda waxbarasho ee ilmahaaga. Qaabka kaliya ee aad u ogaan karto hadii ilmahaaga uu asiibay liidh waxaa weeye in lagu sameeyo shaybaadh dhiiga ah.

Caruurta caadiyan waxaa marka hore lagu baaraa baaritaanka loo yaqaan (kabilaar) – xadi yar oo dhiig ah ayaa laga qaadaa farta, ciribta ama suulka - marka ay jiraan 1 – iyo 2 - sano jir ee booqashadooda badqabka.

Hadii liidh lagu arko dhiiga ilmahaaga, waa in la kormeeraa ama natiijada waa in dib loogu eegaa shaybaar ka xididka. Shaybaarkan waxa uu dhiiga ka qaadaa xididka (badanaa gacanta). Natiijada xididka ayaa ka saxnaan badan.

Maxaad sameyn kartaa?

- Inaad ilmahaaga ka baarto liidhka ayaa ah talaabada kowaad. Waa samaysay taas!
- Balanso shaybaarka xididka hadii heerka ilmahaagu uu yahay 3.5 µg/dL (micrograms per deciliter) ama ka sareeyo.
- Inta uu doono ha noqdo heerka liidhka dhiiga ilmahaagu, waxa aad ogaataa sida aad uga ilaalinayso ilmahaaga inuu asiibo liidhku. Booqo healthvermont.gov/lead ama kala hadal Barnaamijka Kahortaga Sunta Liidhka ee Guryaha Caafimaadka Qaba (Healthy Homes Lead Poisoning Prevention Program) 802-863-7220 ama 800-439-8550.

Natiijada Liidhka Dhiiga ee Kaabilarka	Goorta ay tahay in la xaqiijiyo shaybaadhka dhiiga xididka	
Lama arag liidh (DL)	Xaqiijin Looma Baahna. Laguma arag wax liidh ah dhiiga ilmahaaga.	
DL – 3.4 µg/dL	Kula soco 6 bilood ee soo socota shaybaar kale. Waxa ku jira liidh aad u yar dhiiga ilmahaaga. Dib u eeg meelaha liidhku ka yimaaddo si aad u ilaaliso in heerka liidhka ee ilmahaagu aanu kordhin.	
3.5 – 9 µg/dL	1 bil ilaa 3 bilood. Hadii la xaqiijiyo, ilmahaaga inuu ku jiro liidh ka badan ka caruurta intooda badan. Qaad talaabooyin aad ku yaraynayso meelaha uu ka yimaaddo liidhku. Waaxda Caafimaadka ayaa kula soo xiriiri doonta si ay kaaga caawiso inaad ogaato isha liidhka.	
10 – 44 µg/dL	2 todobaad ilaa 1 bil. Hadii la xaqiijiyo, heerka liidhka ilmahaagu inuu badan yahay. Adiga iyo dhakhtarkaagu waa inaad si dhakhso ah uga jawaabtaan si loo yareeyo isha liidhka oo looga wada hadlo cuntada ilmahaaga, korniinkiisa iyo hormarkiisa. Waaxda Caafimaadka ayaa soo booqan karta gurigaaga si ay kaaga caawiso inaad hesho meesha uu liidhkan ka imanayo.	
45 – 59 µg/dL	48 saacadood	Hadii la xaqiijiyo, ilmahaagu waxa uu u baahan doonaa daawayn caafimaad isla markaba. Kala tasho dhakhtarkaaga oo waxa aad yaraysaa isha liidhka isla markaba.
60+ µg/dL	Isla markaaba	Waaxda Caafimaadka ayaa soo booqan karta gurigaaga si ay kaaga caawiso inaad hesho meesha uu liidhkan ka imanayo.
Mar kasta oo uu sareeyo heerka shaybaadhka kaalibar, waxaa sii badata baahida degdega ah ee ay tahay in lagu xaqiijiyo shaybaadhka xididka.		
Natiijada shaybaadhka ilmahaaga _____ µg /dL		Taariiqda _____

Vermont, badanaa sunta liidhku waxa uu ka yimaadaa liqida dhaska liidh aan la arkaynin oo ka yimaada ranjiga soo fiiqma iyo burburkiisa. Dhaska ayaa kora faraha iyo gacmaha caruurta ay geliyaan afkooda. Guryaha la dhisay wixii ka horeeyay 1978 waxay u badan tahay in la mariyay ranji leh liidh. Waatan waxa aad samayn karto si aad uga hortagto sunta liidhka:

Joogtee



- Waxa aad eegtaa qurubyada, fiiqan,, dilaaca ama baahsanaanta ranjiga.
- Waxa aad ku rakibataa daaqad si wanaagsan loo geliyay oo si wanaagsan loo nadiifin karo dusheeda.
- Isticmaal tallaabooyin shaqo oo amaanka liidhka ah - sida maydhidda qoyan iyo xoqidda qoyan ee ranjiga.

Nadiifin



- Kaliya isticmaal faakuyuumka leh filterka HEPA, oo aayar u faakuyuum garee.
- Dhulka ku masax masaxaad qoyan oo waxa aad isticmaashaa tuwaalada marka kaliya la isticmaalo oo qoyan si aad ugu masaxdo dahaadhka daaqadaha iyo dulaha.
- Waxa aad ku bixisaan kabaha albaabka si aanay u soo xaraynin ciida leh liidhka.
- Waxa aad badanaa maydhaa alaabta ay caruurta ku ciyaarto si aad uga nadiifiso dhaska aan la arkaynin.

Si caafimaad qaba wax u cun



- Sii caruurta khudaar bisil, khudaar cagaaran iyo waxyaabaha caanaha laga sameeyay, iyo sidoo kale cuntada birta ku qaniga ah.
- Waxa aad ku beertaa khudaarta cagaaran iyo wixii kale ee cunto ah ciid aan lahayn liidh.
- Badanaa u farxal caruurta, gaar ahaan kahor cuntada, iyo wakhtiga seexadka.
- Waxa aad ku siisaa cuntada iyo cuntada fudud caruurta miiska ama kursigooda dheer.

Waxa aad la socotaa meelaha kale ee liidhku ka imanayo

Liidhka sidoo kale waxaa uu ku jiraa ciida, biyaha, iyo alaabaadka, sida furayaasha, alaabaadka caruurta ku ciyaarto, iyo agabka guriga.



- Waxa aad biyaha aad cabaysaan ka eegtaan liidhka. Macluumaad badan ka ogow: healthvermont.gov/water/lead
- Biyaha fur ilaa inta ay qabaw noqonayaan marka aad wax ku karinayso, cabayso oo aad caanaha caruurta ugu qasayso.
- Waxa aad ka ilaalisaa caruurta inay ku ciyaaraan ciida qaawan meelaha u dhaw jidka gaadiidka iyo guryaha gaboobay.
- Caruurta ha u ogolaan inay ku ciyaaraan furayaasha birta ah.
- Ha ku kaydin cuntada qasaacado afka kala haya ama dhoobo.
- Waxa aad ka ilaalisaa caruurta waxyaabaha qaar ay jecel yihiin, sida samaynta waxyaabo farshaxan ama muruuyadaha.
- Waxa aad la socotaa alaabaadka ay amreen in suuqa laga uruuriyo Gudida Amaanka Alaabaadka Macaamiishu (www.cpsc.gov).

State law requires that all Vermont children are tested for lead at age 1 and again at age 2

There is no safe level of lead in the body. A child can be hurt by lead and still look healthy. Lead can harm a child's growth, behavior, and ability to learn. The only way to find out if your child has been exposed to lead is with a blood test.

Children are usually first tested with a capillary test – a small amount of blood taken from a finger, heel or toe – at their 1- and 2-year-old well child visits.

If lead is detected in your child's blood, they may need to be monitored or the result may need to be checked again with a venous test. This test uses blood from a vein (often in the arm). The venous test result is more accurate.

What can you do?

- Getting your child tested for lead is the first step. You did this!
- Schedule a venous test if your child's level is 3.5 µg/dL (micrograms per deciliter) or higher.
- No matter what your child's blood lead level is, learn how to protect your child from being exposed to lead. Visit healthvermont.gov/lead or call the Healthy Homes Lead Poisoning Prevention Program at 802-863-7220 or 800-439-8550.

Capillary Blood Lead Result	When to confirm with a venous blood test	
No detected lead (DL)	No Confirmation needed. There is no detected lead in your child's blood.	
DL – 3.4 µg/dL	Monitor over the next 6 months with another test. There is very little lead in your child's blood. Review sources of lead to keep your child's lead level from rising.	
3.5 – 9 µg/dL	1 month to 3 months. If confirmed, your child has more lead than most children. Take steps to reduce sources of lead. The Health Department will contact you to help you find sources of lead.	
10 – 44 µg/dL	2 weeks to 1 month. If confirmed, your child's lead level is high. You and your doctor should act quickly to reduce sources of lead and discuss your child's diet, growth and development. The Health Department can visit your home to help you find where lead may be coming from.	
45 – 59 µg/dL	48 hours	If confirmed, your child will need medical treatment right away. Consult with your doctor and reduce lead sources immediately. The Health Department can visit your home to help you find where lead may be coming from.
60+ µg/dL	Immediately	
The higher the capillary test result, the more urgent the need to confirm with a venous test.		
Your child's test result _____ µg/dL Date _____		

How to Protect Your Child From Lead

In Vermont, most lead poisoning comes from swallowing invisible lead dust that comes from peeling and chipping paint. The dust clings to fingers and objects that children put in their mouths. Houses built before 1978 likely have lead paint. Here's what you can do prevent lead poisoning:



Maintain

- Check for chipping, peeling, cracked or disturbed paint.
- Install window well inserts to provide a smooth cleaning surface.
- Use lead-safe work practices – such as wet sanding and wet scraping.



Clean

- Use only a vacuum with a HEPA filter, and vacuum slowly.
- Wet mop floors and use wet disposable towels on windowsills and surfaces.
- Leave shoes at the door to avoid tracking in soil that contains lead.
- Wash children's toys often to remove invisible lead dust.



Eat healthy

- Serve children fruits, vegetables and dairy products, as well as iron-rich foods.
- Plant vegetable and other food gardens in lead-free soil.
- Wash children's hands often, especially before meals, naps and bedtime.
- Serve snacks and meals to children at the table or in their highchairs.

Watch out for other sources of lead

Lead can also be found in soil, water, and products, such as keys, toys, and antiques.



- Have your drinking water tested for lead. Learn more: healthvermont.gov/water/lead
- Run water until cold for cooking, drinking and making formula.
- Keep children from playing in bare soil near roadways and older houses.
- Do not let children play with metal keys.
- Do not store food in open cans or pottery.
- Keep children away from certain hobbies, like making bullets or stained glass.
- Be aware of products that have been recalled by the Consumer Product Safety Commission (www.cpsc.gov).