

တၢ်မၤကၢ်နဖိ အစၢ်ထး အခီပညီမၢ်ဒ်လဲၣ်

လၢဖၣ်တြၢၤအါရံၤ 2020

ကီၢ်စံၣ်တၢ်သိၣ်တၢ်သီ
လိၣ်ဘၣ်ဝဲလၢ ဖိသၣ်လၢ
Vermont ခဲလၢာ်
ကဘၣ်ဒီးမၤကွၢ်သးလၢ
စၢ်ထးအဂီၢ်
ဖဲအသးနံၣ်အိၣ် 1 နံၣ်
ဒီးတဘျီ ဖဲ 2 နံၣ်န့ၣ်လီၤ

စၢ်ထးအပတီၢ် လၢအပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ်န့ၣ် တအိၣ်နီတခါဘၣ်.

စၢ်ထးမၤဘၣ်ဒိဖိသၣ်ဒီးဖျါလၢအိၣ်ဆူၣ်အိၣ်ချ့ဒီးဝဲသ့လီၤ. စၢ်ထးမၤဘၣ်ဒိဖိသၣ်အတၢ်ဒိၣ်ထီၣ်, သကဲၣ်ပဝး ဒီးတၢ်သ့တၢ်ဘၣ်လၢကမၤလိသ့တၢ်အဂီၢ်လီၤ. ကျဲထဲတဘိလၢကသ့ၣ်ညါဘၣ်လၢ မ့ၢ်နဖိဒီးန့ၣ်ဘၣ်စၢ်စးအဂီၢ်န့ၣ် မ့ၢ်ဝဲတၢ်မၤကွၢ်သ့ၣ်န့ၣ်လီၤ.

ဖိသၣ်တဖၣ် ညီန့ၣ်တၢ်မၤကွၢ်အီၤခိၣ်ထံးဆိကတၢ်တဘျီလၢ တၢ်ဆဲးစုမ့ၢ်သ့ၣ် - တၢ်ဟံးန့ၣ်သ့ၣ်စ့ၤကီၢ်ဖိလၢစုမ့ၢ်ခိၣ် ခိၣ်န့ၣ်ခံ မ့တမ့ၢ် ခိၣ်မ့ၢ်ဒိၣ် - ဖဲဖိသၣ်လဲၣ်ဒီးကွၢ်သးဖဲပုၤထီၣ် 1 ဒီး 2 နံၣ်န့ၣ်လီၤ.

ဖဲဖိသၣ်တဖၣ် တၢ်ဆဲးစုမ့ၢ်သ့ၣ်မၤကွၢ် အစၢမ့ၢ်အိၣ် 5 µg/dL (မဲးခြိၣ်ကြဲၢ် လၢတဒဲၣ်စံၣ်လံထၢၣ်) မ့တမ့ၢ် ဆူဖိခိၣ်န့ၣ် အလီၢ်အိၣ်လၢ တၢ်ဘၣ်ကွၢ်အီၤ ဒီးတဘျီ ခိဖျါတၢ်စူးကါသ့ၣ်လၢ သ့ၣ်က့ၤကျိၤ (ညီန့ၣ်လၢစုဒုၣ်) န့ၣ်လီၤ. တၢ်မၤကွၢ်လၢ သ့ၣ်က့ၤကျိၤ အါတက့ၢ်ဘၣ်လီၤတံၢ်ဝဲလီၤ.

နမၤတၢ်မနုၤသ့လဲၣ်

- တၢ်လဲၣ်ဒီးမၤကွၢ်ဘၣ်နဖိလၢစၢ်ထးအဂီၢ် မ့ၢ်တၢ်ခိၣ်ထံးဆိကတၢ်လီၤ. နမၤအီၤသ့ဒ်အံၤ.
- အလီၢ်မ့ၢ်အိၣ်န့ၣ် ရဲၣ်ကျဲၤလီၤတၢ်ဆဲးသ့ၣ်က့ၤကျိၤအဆၢကတီၢ်တက့ၢ်.
- စၢ်ထးပတီၢ်လၢ နဖိအသ့ၣ်ကျိၤအိၣ်ထဲလဲၣ်ဘၣ်ဆၣ် မၤန့ၢ်ပၢ်သး လၢကဘၣ်ဒီးသဒါနဖိလၢတၢ်ဒီးန့ၣ်ဘၣ်ကဲစၢ်ထးအဂီၢ်တက့ၢ်. ကွၢ်ဖဲ healthvermont.gov/lead မ့တမ့ၢ် ကိးလီတဲစိဆူ Healthy Homes Lead Poisoning Prevention Program (တၢ်ဒီးသဒါဟံၣ်ပူၤဃီပူၤဆူၣ်ချ့တၢ်ပူၤဖျဲးဒီးစၢ်ထးတၢ်စုၣ်တၢ်တီၢ်ကျဲၤ) ဖဲ 802-863-7220 မ့တမ့ၢ် 800-439-8550 တက့ၢ်.

စၢ်ထးလၢတၢ်ဆဲးစုမ့ၢ်သ့ၣ်အစၢ	တၢ်ဟံၣ်ဂၢ်ဟံၣ်ကျိၤ တၢ်မၤကွၢ်အစၢလၢသ့ၣ်က့ၤကျိၤအခါဖဲလဲၣ်
0 – 4 µg/dL	မ့တမ့ၢ်လၢအိၣ်ဒီးတၢ်လီၤဘၣ်ယိၣ်အဂၤန့ၣ် တၢ်ဟံၣ်ဂၢ်ဟံၣ်ကျိၤအလီၢ်တအိၣ်ဘၣ်လီၤ. စၢ်ထးအိၣ်လၢနဖိအသ့ၣ်ကျိၤစ့ၤဒိၣ်မးလီၤ. ကွၢ်သမံသမိးဘၣ် စၢ်ထးအိၣ်အလီၢ် ဒ်သိးကဒိသဒါကွၢ်နဖိအစၢထးအါထီၣ်အဂီၢ်တက့ၢ်.
5 – 9 µg/dL	1 လါတုၤ 3 လါ. တၢ်မ့ၢ်ဟံၣ်ဂၢ်ဟံၣ်ကျိၤအီၤန့ၣ်, နဖိအစၢထးအိၣ်အါန့ၣ်ပူၤဖိသၣ်ညီန့ၣ်အဂၤလီၤ. မၤဟံၣ်ထွဲတၢ်မၤအကျဲပတီၢ်လၢကမၤစ့ၤလီၤစၢ်ထးတက့ၢ်. ဆူၣ်ချ့ဝဲကျိၤ ကဆဲးကျိၤန့ၣ် ဒ်သိးကဃုထံၣ်စၢၤန့ၣ်စၢ်ထးအလီၢ်န့ၣ်လီၤ.

တၢ်မၤကၢ်နဖိ အစၢ်ထး အဒိပညီမၢ်ဒဲလဲၣ်.

လၢဖၣ်တြၢၤအါရံၤ 2020

10 – 44 $\mu\text{g/dL}$	<p>1 နွံတုၤ 1 လါ. တၢ်မ့ၢ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျၢၤအီၤန့ၣ်, နဖိအစၢ်ထးအိၣ်အါန့ၣ်လီၤ. နၤဒီးနကသံၣ်သရၣ် ကြၢးမၤတၢ်လအဆိအချ့ၤဒဲသိးကမၤစ့ၤလီၤကွံာ် စၢ်ထးကဲထီၣ်သးအလီၢ်တဖၣ်ဒီးတၢ်ပိၣ်တၢ်ဒီးနဖိအတၢ်အိၣ်တၢ်အီ, နီၢ်ခိတၢ်ဒိၣ်ထီၣ်ထီၣ်ဒီး တၢ်လဲၤထီၣ်လဲၤထီၣ်အဂ့ၢ်တက့ၢ်. ဆူၣ်ချ့ဝဲၤကျိၤလဲၤဟးအိၣ်သကိးဘၣ်နဟံၣ် ဒဲသိးကမၤစ့ၤတဘျီ စၢ်ထးကဲထီၣ်သးအလီၢ်ဖဲလဲၣ်သ့န့ၣ်လီၤ.</p>	
45 - 59 $\mu\text{g/dL}$	48 န့ၣ်ရံၣ်.	တၢ်မ့ၢ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျၢၤအီၤန့ၣ်,
60 - 69 $\mu\text{g/dL}$	24 န့ၣ်ရံၣ်.	နဖိဘၣ်ဒီးကွံာ်သးလၢဆူၣ်ချ့တၢ်ကူၤစါယါဘျီတဘျီယီန့ၣ်လီၤ. တၢ်ပိၣ်သကိးတၢ်ဒီးနကသံၣ်သရၣ်
70+ $\mu\text{g/dL}$	တဘျီယီ.	ဒီးမၤစ့ၤလီၤစၢ်ထးအလီၢ်တဖၣ်တဘျီယီတက့ၢ်. ဆူၣ်ချ့ဝဲၤကျိၤလဲၤဟးအိၣ်သကိးဘၣ်နဟံၣ် ဒဲသိးကမၤစ့ၤတဘျီ စၢ်ထးကဲထီၣ်သးအလီၢ်ဖဲလဲၣ်သ့န့ၣ်လီၤ.
<p>တၢ်မၤကၢ် လၢတၢ်ဆဲးစ့ၣ်သွံၣ်အစၢ်မ့ၢ်အိၣ်ဒဲအါန့ၣ်အလီၢ်အိၣ်လၢ တၢ်ကဘၣ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျၢၤအီၤလၢအဆိအချ့လၢတၢ်မၤကၢ်သွံၣ်က့ၤကျိၤထဲလဲၣ်န့ၣ်လီၤ.</p>		
<p>နဖိအတၢ်မၤကၢ်အစၢ်အိၣ် _____ $\mu\text{g/dL}$ နံၤသီ _____</p>		

ကဘဉ်ဒီသဒါကံာ်နဖိလၢစၢ်ထးအဂီၢ်ဒ်လဲၣ်

လၢ Vermont, စၢ်ထးတၢ်စ့ၣ် အါတက့ၢ်ဟဲလၢ တၢ်ယုၢ်လီၤဘဉ် စၢ်ထးကမ့ၢ်ကမ့ၢ်လၢကွၢ်ထံၣ်အီၤတဖျါ လၢတၢ်လီၤတအိးဒီး ကသံၣ်ထံခဲၣ်လွဲၣ်လီၤတအိးန့ၣ်လီၤ. တၢ်ကမ့ၢ်ဖိးတၢ်သးလၢစ့ၣ်တဖျါဒီးတၢ်ဖိတၢ်လံၤတဖျါလၢဖိသၢ်ထၢန့ၣ်အီၤဆူအကီၢ်ပူၤန့ၣ်လီၤ. ဟံၣ်ဃီတဖျါလၢသ့ၣ်ထီၣ်သးတချုး 1978 ဖျါလၢအိၣ်ဒီးစၢ်ထးလၢကသံၣ်ထံခဲၣ်လွဲၣ်န့ၣ်လီၤ. အအံၤမ့ၢ်တၢ်ဒီးသဒါစၢ်ထးတၢ်စ့ၣ်လၢနမၤအီၤသ့-

တၢ်ဘျီဘဉ်မၤဂ့ၤ

- သမံသမိးကွၢ်ကသံၣ်ထံခဲၣ်လွဲၣ်တၢ်လီၤတၢ်လီၤတအိး, တၢ်တဲၤဖး မ့တမ့ၢ် လီၤကမ့ၢ်တက့ၢ်.
- ဆီလီၤပဲတြီဖိတၢ်ဆုလီၤအလီၢ်ဘဉ်ဂ့ၤဂ့ၤ ဒ်သိးတၢ်မၤကဆိဘဉ်အဖံးခိၣ်န့ၣ်ညီတက့ၢ်.
- စူးကါ တၢ်ပူၤဖျဲးဒီးစၢ်ထး ကျါက့ၤ - ဒ်အမ့ၢ် စးခိၣ်မဲးထူးတၢ်မံၣ်ဖံးခိၣ်ဒီးတၢ်ထူးကွၢ်တၢ်မ့ၢ်ကမ့ၢ်တက့ၢ်.

တၢ်မၤကဆိ

- စူးကါထဲ ဝဲဆူးတၢ်ကမ့ၢ် လၢအိၣ်ဒီး HEPA နီၣ်ပံၣ် ဒီးဆူးအီၤကယီၤကယီၤတက့ၢ်.
- နီၣ်ထူးစိၣ်ထံဒီးစူးကါနီၣ်ထွါစိၣ်စိၣ်လၢပဲတြီဖိန့ၣ်ထံးဒီးမံၣ်ဖံးခိၣ်တက့ၢ်.
- ဘၣ်လီၤခိၣ်ဖံးလၢပဲတြီမံၣ်ညါ ဒ်သိးကဟးဆူးဟီၣ်ခိၣ်ဒီး တၢ်ဘဉ်အဘဉ်သီန့ၣ်လီၤဃုာ်ဒီးစၢ်ထးတက့ၢ်.
- သ့ကဆိဖိသၢ်အတၢ်ဂဲၤလီၢ်ကွဲဖိတဖျါခဲအံၤခဲအံၤ လၢကမၤစီကွၢ်စၢ်ထးကမ့ၢ်လၢကွၢ်အီၤတထံၣ်တက့ၢ်.

အိၣ်တၢ်ဂ့ၤလၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဂီၢ်

- ဒုးအိၣ်ဖိသၢ်တဖျါလၢတၢ်သ့တၢ်သ့ တၢ်ဒီးတၢ်လၢန့ၣ် ဒီးပနံၣ်ကၢတၢ်အိၣ်တၢ်အီၤတဖျါ ဃုာ်ဒီးတၢ်အိၣ်လၢပဲဒီးထးစိတက့ၢ်.
- သ့ၣ်တၢ်ဒီးတၢ်လၢန့ၣ်ဒီးတၢ်အိၣ်အဂၤလၢကရၢၢ်လၢပူၤဖျဲးဒီးစၢ်ထးတက့ၢ်.
- သ့ကဆိဖိသၢ်အစုခဲအံၤခဲအံၤ လီၤဆီဒ်တၢ် ဖဲတချုးအိၣ်တၢ်, မံအိၣ်ဘျး ဒီးန့ၣ်လီၤမံအခါတက့ၢ်.
- ဒုးအိၣ်ဖိသၢ်တဖျါ တၢ်အိၣ်ကစဲးကစိးဒီးတၢ်အိၣ်တၢ်အီၤလၢစီၢ်နီၤခိၣ် မ့တမ့ၢ် လၢအလီၢ်ဆ့ၣ်နီၤထီခိၣ်တက့ၢ်.

ကွၢ်စ့ၣ်ဘဉ် စၢ်ထးဟဲအလီၢ်လၢအဂၤတဖျါ

တၢ်ထံၣ်န့ၣ် စၢ်ထး သ့စ့ၣ်ကီၢ်လၢဟီၣ်ခိၣ် ထံ ဒီးပနံၣ်တၢ်ကၢတဖျါ ဒ်အမ့ၢ် သိးမဲ တၢ်ဂဲၤလီၢ်ကွဲ ဒီးတၢ်ဖိတၢ်လံၤလီၤလံၤတဖျါန့ၣ်လီၤ.

- မၤကွၢ်ဘဉ်စၢ်ထးလၢနထံအီၤတက့ၢ်. ကွၢ်အါထီၣ်တၢ်ဂ့ၢ်-

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- လူလီၤထံတုၤလၢအချ့ၣ်တစု လၢတၢ်ဖိအိၣ်တုၤအိၣ်, တၢ်အီၤထံဒီးတၢ်တုၤတၢ်အိၣ်တၢ်အီၤအဂီၢ်တက့ၢ်.
- ပျဲဖိသၢ်ဂဲၤလီၢ်ကွဲလၢဟီၣ်ခိၣ်ကျါလဲကဲ ဘူးဒီးကျဲမ့ၢ်ဒီးဟံၣ်လီၤလံၤတဖျါတဂ့ၤ.
- ပျဲဖိသၢ်ဂဲၤဒီးသိးမဲထးတဖျါတဂ့ၤ.
- ဟံဃာ်တၢ်အိၣ်တၢ်အီၤလၢထးဝါဒါ မ့တမ့ၢ် သပၤဟီၣ်ခိၣ်တဖျါလၢအိးထီၣ်သးတဂ့ၤ.
- ဒုးအိၣ်ယံၤဖိသၢ်တဖျါဒီးတၢ်ဖိးတၢ်မၤမုၢ်သးတဖျါ ဒ်အမ့ၢ် တၢ်မၤနီၣ်ဘျးသ့တဖျါ မ့တမ့ၢ် မံၣ်ထံကလၢအလွဲၣ်တဖျါ တက့ၢ်.
- ဟံသ့ၣ်ဟံသးပနံၣ်တၢ်ကၢတဖျါလၢ တၢ်ထၢဖျိက့ၤအီၤခီဖျိ Consumer Product Safety Commission (ပနံၣ်တၢ်ကၢအတၢ်ပူၤဖျဲးဒီးတၢ်လီၤဘဉ်ယိၣ်လၢပူၤပူၤစူးကါတၢ်ဂီၢ်ကရၢ) (www.cpsc.gov) တက့ၢ်.

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.

When children have a capillary test result of 5 µg/dL (micrograms per deciliter) or higher, the result needs to be checked again using 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 needed.
- 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	
0 – 4 µg/dL	Confirmation not required unless other risk factors. There is very little lead in your child's blood. Review sources of lead to keep your child's lead level from rising.	
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	1 week 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 - 69 µg/dL	24 hours.	
70+ 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).