



တၢ်မၤကွၢ်နဖိ အစၢ်ထး အဒိပညီမ့ၢ်ဒ်လဲၣ်

လၢယူၤလံ 2022

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

စၢ်ထးအပတီၢ် လၢအပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ်န့ၣ် တအိၣ်နီတခါဘၣ်.

စၢ်ထးမၤဘၣ်ဒိဖိသၣ်ဒီးဖျါလၢအိၣ်ဆူၣ်အိၣ်ချ့ဒီးဝဲသ့လီၤ. စၢ်ထးမၤဘၣ်ဒိဖိသၣ်အတၢ်ဒိၣ်ထီၣ်, သကံၢ်ပဝး
ဒီးတၢ်သ့တၢ်ဘၣ်လၢကမၤလိသ့တၢ်အဂီၢ်လီၤ. ကျဲထဲတဘိလၢကသ့ၣ်ညါဘၣ်လၢ မ့ၢ်နဖိဒီးန့ၢ်ဘၣ်စၢ်စးအဂီၢ်န့ၣ်
မ့ၢ်ဝဲတၢ်မၤကွၢ်သ့ၣ်န့ၣ်လီၤ.

ဖိသၣ်တဖၣ် ညီန့ၢ်တၢ်မၤကွၢ်အီၤခိၣ်ထံးဆိကတၢ်တဘျီလၢ တၢ်ဆဲးစုမ့ၢ်သ့ၣ် - တၢ်ဟံးန့ၢ်သ့ၣ်စ့ၤကီၢ်ဖိလၢစုမ့ၢ်ခိၣ်
ခိၣ်န့ၢ်ခံ မ့တမ့ၢ် ခိၣ်မ့ၢ်ခိၣ် - ဖဲဖိသၣ်လဲၤဒီးကွၢ်သးဖဲပဲၤထီၣ် 1 ဒီး 2 နံၣ်န့ၣ်လီၤ.

တၢ်မ့ၢ်ထံၣ်န့ၢ် စၢ်ထးလၢနဖိအသ့ၣ်ကျါန့ၣ်, တၢ်ကဘၣ်အံးထွဲကွၢ်ထွဲအီၤ (မ့တမ့ၢ်)တၢ်အစၢၤအံၤ
ကဘၣ်တၢ်သမံသမိးကွၢ်အီၤအသီတဘျီ ယုၣ်ဒီး သ့ၣ်က့ၤအကျါတၢ်မၤကွၢ်န့ၣ်လီၤ. တၢ်မၤကွၢ်အံၤ စူးကါသ့ၣ်လၢ
သ့ၣ်က့ၤအကျါအပူၤ (အါစုအါဘျီန့ၣ် လၢစုဒုၣ်လီၤ) န့ၣ်လီၤ. တၢ်မၤကွၢ်လၢ သ့ၣ်က့ၤကျါ အါတက့ၢ်ဘၣ်လီၤတၢ်ဝဲလီၤ.

နမၤတၢ်မနုၤသ့လဲၣ်

- တၢ်လဲၤဒီးမၤကွၢ်ဘၣ်နဖိလၢစၢ်ထးအဂီၢ် မ့ၢ်တၢ်ခိၣ်ထံးဆိကတၢ်လီၤ. နမၤအီၤသ့ဒ်အံၤ.
- နဖိသ့ၣ်စၢ်ထးပတီၢ်အံၤ မ့ၢ်အိၣ်ဖဲ 3.5 µg/dL (မဲၣ်ခြိၣ်ဂရဲၤ(မ) လၢတဒဲၣ်စံၣ်လံထၢၣ်အပူၤ) န့ၣ်ဒီး,
ရဲၣ်ကျဲတၢ်ဆါကတီၢ်လၢ သ့ၣ်က့ၤကျါတၢ်မၤကွၢ်အဂီၢ်တက့ၢ်.
- စၢ်ထးပတီၢ်လၢ နဖိအသ့ၣ်ကျါအိၣ်ထဲလဲၣ်ဘၣ်ဆၣ် မၤန့ၢ်ပၢ်သး
လၢကဘၣ်ဒီးသဒါနဖိလၢတၢ်ဒီးန့ၢ်ဘၣ်ကံစၢ်ထးအဂီၢ်တက့ၢ်. ကွၢ်ဖဲ healthvermont.gov/lead မ့တမ့ၢ်
ကိးလီတဲစိဆူ Healthy Homes Lead Poisoning Prevention Program
(တၢ်ဒီးသဒါဟံၣ်ပူၤယီၤပူၤဆူၣ်ချ့တၢ်ပူၤဖျဲးဒီးစၢ်ထးတၢ်စုၣ်တၢ်တီၢ်ကျဲၤ) ဖဲ 802-863-7220 မ့တမ့ၢ် 800-439-
8550 တက့ၢ်.

တၢ်မၤကွၢ်နဖိ အစၢ်ထး အခီပညီမုၢ်ဒ်လဲၣ်

လါယူၤလံ 2022

စၢ်ထးလၢတၢ်ဆဲးစုမုၢ်သ့ၣ် အစၢ	တၢ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျါၤ တၢ်မၤကွၢ်အစၢလၢသ့ၣ်က့ၤကျါၤအခါဖဲလဲၣ်	
တၢ်မၤကွၢ်စၢ်ထးတဖျါဘၣ် (DL)	တလိာ်ဘၣ်တၢ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျါၤဘၣ်• တၢ်မၤကွၢ်စၢ်ထးတဖျါလၢ နဖိသ့ၣ်အပူၤဘၣ်•	
DL - 3.4 µg/dL	တၢ်အံးထွဲကွၢ်ထွဲအီၤဆူညါ 6 လါ ဃုာ်ဒီးတၢ်မၤကွၢ်အဂၤတဘျီ• စၢ်ထးအိၣ်လၢနဖိအသ့ၣ်ကျါၤဒိၣ်မးလီၤ• ကွၢ်သမံသမိးဘၣ် စၢ်ထးအိၣ်အလီၢ် ဒ်သိးကဒိသဒါကွၢ်နဖိအစၢ်ထးအါထီၣ်အဂီၢ်တက့ၢ်•	
3.5 - 9 µg/dL	1 လါတုၤ 3 လါ. တၢ်မုၢ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျါၤအီၤန့ၣ်, နဖိအစၢ်ထးအိၣ်အါန့ၣ်ပုၤဖိသ့ၣ်ညါန့ၣ်အဂၤလီၤ• မၤဟံၣ်ထွဲတၢ်မၤအကျဲပတီၢ်လၢကမၤစ့ၤလီၤစၢ်ထးတက့ၢ်• ဆူၣ်ချ့ဝဲၤကျါၤ ကဆဲးကျါၤန့ၣ် ဒ်သိးကယုထံၣ်စၢၤန့ၣ်လီၤ•	
10 - 44 µg/dL	2 န့တုၤ 1 လါ. တၢ်မုၢ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျါၤအီၤန့ၣ်, နဖိအစၢ်ထးအိၣ်အါန့ၣ်လီၤ• နၤဒီးနကသံၣ်သရၣ် ကြၢးမၤတၢ်လအဆိအချ့ ဒ်သိးကမၤစ့ၤလီၤကွၢ် စၢ်ထးကဲထီၣ်သးအလီၢ်တဖျါဒီးတၢ်ပိာ်တၢ်ဒီးနဖိအတၢ်အိၣ်တၢ်အီ, နီၢ်ခိတၢ်ဒိၣ်ထီၣ်ထီၣ်ဒီး တၢ်လဲၤထီၣ်လဲၤထီၣ်အဂ့ၢ်တက့ၢ်• ဆူၣ်ချ့ဝဲၤကျါၤ လဲၤဟးအိၣ်သကိးဘၣ်နဟံၣ် ဒ်သိးကယုစၢၤဘၣ် စၢ်ထးကဲထီၣ်သးအလီၢ်ဖဲလဲၣ် သ့န့ၣ်လီၤ•	
45 - 59 µg/dL	48 နာ်ရံၣ်	တၢ်မုၢ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျါၤအီၤန့ၣ်, နဖိဘၣ်ဒီးကွၢ်သးလၢဆူၣ်ချ့တၢ်ကူစါယါဘျါတဘျီဃီန့ၣ်လီၤ• တၢ်ပိာ်သကိးတၢ်ဒီးနကသံၣ်သရၣ် ဒီးမၤစ့ၤလီၤစၢ်ထးအလီၢ်တဖျါတဘျီဃီတက့ၢ်•
60+ µg/dL	တဘျီဃီ.	ဆူၣ်ချ့ဝဲၤကျါၤ လဲၤဟးအိၣ်သကိးဘၣ်နဟံၣ် ဒ်သိးကယုစၢၤဘၣ် စၢ်ထးကဲထီၣ်သးအလီၢ်ဖဲလဲၣ် သ့န့ၣ်လီၤ•
တၢ်မၤကွၢ် လၢတၢ်ဆဲးစုမုၢ်သ့ၣ်အစၢမုၢ်အိၣ်ဒ်အါန့ၣ်အလီၢ်အိၣ်လၢ တၢ်ကဘၣ်ဟံၣ်ဂၢၢ်ဟံၣ်ကျါၤအီၤလၢအဆိအချ့လၢတၢ်မၤကွၢ်သ့ၣ်က့ၤကျါၤထဲလဲၣ်န့ၣ်လီၤ•		
နဖိအတၢ်မၤကွၢ်အစၢအံၤန့ၣ် _____ µg/dL မုၢ်နံၤမုၢ်သီ _____		

ကဘဉ်ဒိသဒါကွံာ်နဖိလၢစၢၢ်ထးအဂီၢ်ဒဲလဲာ်

လၢ Vermont, စၢၢ်ထးတၢ်စုာ် အါတက့ၢ်ဟဲလၢ တၢ်ယုာ်လီၤဘဉ် စၢၢ်ထးကမ့ၢ်ကမ့ၢ်လၢကွံာ်ထံာ်အီၤတဖျါ လၢတၢ်လီၤတအိးဒီး ကသံာ်ထံခဲာ်လွဲာ်လီၤတအိးန့ၢ်လီၤ.

တၢ်ကမ့ၢ်ဖိးတၢ်သးလၢစုာ်တဖဉ်ဒီးတၢ်ဖိတၢ်လံၤတဖဉ်လၢဖိသဉ်ထၢန့ၢ်အီၤဆူအကီာ်ပူၤန့ၢ်လီၤ.
ဟံာ်ဃီတဖဉ်လၢသ့ၣ်ထီာ်သးတချုး 1978 ဖျါလၢအိာ်ဒီးစၢၢ်ထးလၢကသံာ်ထံခဲာ်လွဲာ်န့ၢ်လီၤ.
အအံၤမ့ၢ်တၢ်ဒီးသဒါစၢၢ်ထးတၢ်စုာ်လၢနမၤအီၤသ့-

တၢ်ဘျီဘဉ်မၤဂ့ၤ



- သမံသမိးကွံာ်ကသံာ်ထံခဲာ်လွဲာ်တၢ်လီၤဟီၢ်တၢ်လီၤတအိး, တၢ်တဲၤဖး မ့တမ့ၢ် လီၤကမ့ၢ်တက့ၢ်.
- ဆီလီၤပဲတြီဖိတၢ်ဆုလီၤအလီၤဘဉ်ဂ့ၤဂ့ၤ ဒ်သိးတၢ်မၤကဆီဘဉ်အဖံးခိာ်န့ၢ်ညီတက့ၢ်.
- စူးကါ တၢ်ပူၤဖျဲးဒီးစၢၢ်ထး ကျါကျဲ - ဒ်အမ့ၢ် စးခိာ်မဲးထူးတၢ်မဲာ်ဖံးခိာ်ဒီးတၢ်ထူးကွံာ်တၢ်မ့ၢ်ကမ့ၢ်တက့ၢ်.

တၢ်မၤကဆီ



- စူးကါထဲ စဲးဆူးတၢ်ကမ့ၢ် လၢအိာ်ဒီး HEPA နီာ်ပံာ် ဒီးဆူးအီၤကယီကယီတက့ၢ်.
- နီာ်ထူးစိာ်ထံဒီးစူးကါနီာ်ထွါစုာ်စိာ်လၢပဲတြီဖိန့ၢ်ထံးဒီးမဲာ်ဖံးခိာ်တက့ၢ်.
- ဘျီလီၤခိာ်ဖံးလၢပဲတြီမဲာ်ညါ ဒ်သိးကဟးဆူးဟီာ်ခိာ်ဒီး တၢ်ဘဉ်အဘဉ်သီန့ၢ်လီၤဃုာ်ဒီးစၢၢ်ထးတက့ၢ်.
- သ့ကဆီဖိသဉ်အတၢ်ဂဲၤလီာ်ကွဲာ်တဖဉ်ခဲအံၤခဲအံၤ လၢကမၤစီကွံာ်စၢၢ်ထးကမ့ၢ်လၢကွံာ်အီၤတထံာ်တက့ၢ်.

အိာ်တၢ်ဂ့ၤလၢတၢ်အိာ်ဆူာ်အိာ်ချ့ဂီၢ်



- ဒုးအိာ်ဖိသဉ်တဖဉ်လၢတၢ်သ့တၢ်သဉ် တၢ်ဒီးတၢ်လဉ် ဒီးပနံာ်ကၢတၢ်အိာ်တၢ်အီၤတဖဉ် ဃုာ်ဒီးတၢ်အိာ်လၢပဲၤဒီးထးစီတက့ၢ်.
- သ့ၣ်တၢ်ဒီးတၢ်လဉ်ဒီးတၢ်အိာ်အဂၢၤလၢကရၢၢ်လၢပူၤဖျဲးဒီးစၢၢ်ထးတက့ၢ်.
- သ့ကဆီဖိသဉ်အစုခဲအံၤခဲအံၤ လီၤဆီဒဉ်တၢ် ဖဲတချုးအိာ်တၢ်, မံအိာ်ဘျဲး ဒီးန့ၢ်လီၤမံအါတက့ၢ်.
- ဒုးအိာ်ဖိသဉ်တဖဉ် တၢ်အိာ်ကစဲးကစိးဒီးတၢ်အိာ်တၢ်အီၤလၢစီၢ်နီၤခိာ် မ့တမ့ၢ် လၢအလီၤဆုာ်နီၤထီခိာ်တက့ၢ်.

ကွံာ်စူာ်ဘဉ် စၢၢ်ထးဟဲအလီၢ်လၢအဂၤတဖဉ်



တၢ်ထံာ်န့ၢ် စၢၢ်ထး သ့စ့ၢ်ကီၢ်လၢဟီၣ်ခိၣ် ထံ ဒီးပနံာ်တၢ်ကၤတဖဉ် ဒ်အမ့ၢ် သိးမဲ တၢ်ဂဲၤလီၢ်ကွဲ
ဒီးတၢ်ဖိတၢ်လံၤလီၢ်လံၤတဖဉ်န့ၢ်လီၤ

- မၤကွံာ်ဘဉ်စၢၢ်ထးလၢနထံအိတက့ၢ် ကွံာ်အါထီၣ်တၢ်ဂ့ၢ်-healthvermont.gov/water/lead
- လူလီၤထံတုၤလၢအခုၣ်တစု လၢတၢ်ဖိအိၣ်တ့ၤအိၣ်, တၢ်အိထံဒီးတၢ်တုၤတၢ်အိၣ်တၢ်အိအဂီၢ်တက့ၢ်
- ပျဲဖိသဉ်ဂဲၤလီၢ်ကွဲလၢဟီၣ်ခိၣ်ကျါလဲကဲ ဘူးဒီးကျဲမုၢ်ဒီးဟံာ်လီၢ်လံၤတဖဉ်တဂ့ၤ
- ပျဲဖိသဉ်ဂဲၤဒီးသိးမဲထးတဖဉ်တဂ့ၤ
- ဟံာ်တၢ်အိၣ်တၢ်အိလၢထးဝါဒါ မ့တမ့ၢ် သပၤဟီၣ်ခိၣ်တဖဉ်လၢအိးထီၣ်သးတဂ့ၤ
- ဒုးအိၣ်ယံၤဖိသဉ်တဖဉ်ဒီးတၢ်ဖဲတၢ်မၤမုၢ်သးတဖဉ် ဒ်အမ့ၢ် တၢ်မၤနီၣ်ဘျုးသဉ်တဖဉ် မ့တမ့ၢ် မဲာ်ထံကလၢအလွဲာ်တဖဉ်
တက့ၢ်
- ဟံာ်သ့ၣ်ဟံာ်သးပနံာ်တၢ်ကၤတဖဉ်လၢ တၢ်ထၢဖျိၣ်က့ၤအီၤခီဖျိ Consumer Product Safety Commission
(ပနံာ်တၢ်ကၤအတၢ်ပူၤဖျဲးဒီးတၢ်လီၤဘဉ်ယိၣ်လၢပုၤပုၤစူးကါတၢ်ဂီၢ်ကရၢ) (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.

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).