

Nasiib-daro, caruurta oo ku sumowda macdanta ledhka ayaa wali ah cudurka deegaaneed ee koobaad ee saameeya caruurta gudaha Maraykanka. Waxa lagu qiyaasay in caruur tiradoodu ka badan tahay 434,000 oo ah Maraykan oo u dhexeeya da'da hal ilaa shan sannadood uu jidhkooda ku jiro ledh heerkiisu waxyeelo leeyahay.

Macdanta ledhka oo jidhka gasha waxay keeni kartaa dhibaatooyin waxyeelo leh oo aan baaba'aynin.

Ilaa sannadkii hore, 2,500 oo ah caruurta Maryland ayaa waxa sumeeyay macdanta ledhka. Waxa dhici karta in mid ka mid ah caruurta uu yahay ilmahaaga.

Warka fiicani waxa weeye ku-sumowga macdanta ledhka waa wax dhamaantii laga hortagi karo. Waxa aad awood u leedahay inaad ilmahaaga iyo qoyskaaga ka badbaadisid khataraha ku-sumowga macdanta ledhka.

## Adeegyo

### Isbahaysiga u Bahoobay Dhameynta Ku-sumowga Macdanta Ledhka ee Ilmaha (Coalition to End Childhood Lead Poisoning)

410-534-6447 ama 800-370-5323  
www.lead-safe.org

### Wasaaradda Deegaanka ee Maryland (Maryland Department of the Environment)

Wixii war ah ee ku saabsan Adeecsanaanta Guryaha, Kormeerka iyo Maamulista Kiisaska  
wac 410-537-3000 ama 800-776-2706  
www.mde.state.md.us

### Wasaaradda Caafimaadka & Sixadda Maskaxda ee Maryland (Maryland Department of Health & Mental Hygiene)

Wixii war ah ee ku saabsan Baadhitaanka Macdanta Ledhka ee Dhiigga wac 410-767-6713 ama 877-463-3464  
www.fha.state.md.us/och

### Adeegyada waxa bixiyay Coalition to End Childhood Lead Poisoning ((Isbahaysiga u Bahoobay Dhameynta Ku-sumowga Macdanta Ledhka ee Ilmaha))

#### Adeegyada Waxbarasho ee Guud

- War ku saabsan qandaraasleyda iyo kormeereyaasha la xaqiijiyay
- Waxbarasho beeleed iyo adeegyo tababar
- Teleefon warka laga helo

#### Adeegyada U-doodista Qoyska

- Maamulista kiisaska
- Waxbarashada xuquuqda kireysteyaasha
- Gargaar ah sida loo xereysto Ogeysiisyada Ciladaha gudaha Maryland
- Gargaar ah xagga Kirada oo lagu shubo xisaab bangi oo sii-hayn ah (escrow)
- Diiwaanka Guriga Amaan ka ah Macdanta Ledhka
- Deeqaha iyo daymaha yareynta halista macdanta ledhka
- Deeqaha gargaarka dib-u-dejinta
- Gargaarka adeecidda mulkiilaha guri kiro ah
- Barnaamijka Daynta Faakiyuumka ee HEPA

#### Adeegyada Yareynta Halista Ledhka

- Adeegyada Yareynta Halista Ledhka Heer Hoose ah
- Beddelista Daaqadda
- Nadiifinta siigada ledhka ee degdegga ah
- Adeegyada qiimeynta guryaha caafimaadqaba

#### Siyaasadaha Dadweynaha/U-doodista

- U-doodista siyaasado iyo adeegyo la hagaajiyay si loo kordhiyo helitaanka guryo amaan ah oo qiimahooda la goyn karo gudaha Maryland

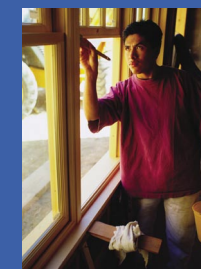
Wixii war dheeraad ah, fadlan wac  
410-534-6447 (Baltimore), 800-370-5323  
(wicis bilaash ah) ama gal bartan internetka [www.lead-safe.org](http://www.lead-safe.org).

Daabacaadda qoraalkan waxa suurogal ka dhigay Annie E. Casey Foundation.

Somali

# Jajabyo Qolofyo Xuubyo Siigo

Garo sababta ay waxyaabaha ugu yaryar ee yaala gurigaaga ay khatarta ugu weyn ugu noqon karaan caafimaadka ilmahaaga dhawaan dhashay.



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UNITED STATES



## Waa maxay macdanta ledhku?

Ledhku waa macdan laga heli karo waxyaabaha ay ka mid yihiin rinjiga lagu isticmaalay guryihii la dhisay ka hor 1978, ciidda dhulka, biyaha iyo wiciyadda guryaha iyo alaabta ilmuhu ku ciyaaraan ee berri hore rinji la mariyay. Qiyaastii 38 malyan oo guri ayaa gudaha Maraykanka wali leh rinji ay ku jirto macdanta ledhku. Afar malyan oo ka mid ah guryaha waxa ku soo hoyda hal ama in ka badan oo ah caruur. Dhibaataadu ma ah mid ku kooban qoysaska saboolka ah ama mid u badan inay ka timaado ilmaha oo cuna jajabka rinjiga. Badanaa waxa dhibaataada sababa liqidda ledh aan ishu arkaynin oo ka sameysama jajabka, xuub dhaca ama qolof ka dhacda rinjiga guryaha gaboobay iyo goobaha la kireysto.

## Waa Maxay Sababta ay Macdanta Ledhku Sidaa Khatar u Tahay?

Ku-sumowga macdanta ledhku waxay sababi kartaa naafeyn jidhka iyo maskaxda ah oo aan laga bogsan karin waxana ay waxyeelan kartaa hab kasta oo ka tirsan hababka jidhka. Saameynada ku-sumowga macdanta ledhka waxa ka mid ah:

- Dhibaatooyin waxbarasho
- Ciladda Fiirsi La'aanta (Attention Deficit Disorder)
- Dabeecad dagaal iyo budhcadnimo leh
- Lumid maqal
- Rafasho
- Dhaqaaqa jidhka/dheeli-tirka oo yaraada
- Daahid korniin maskaxeed
- Geeri

Macdanta ledhku badanaa waxay jidhka soo gashaa marka caruurta gacmahooda ama alaab kale oo ay fuushay siiqada ledhka ay afkooda galiyaan ama marka ay cunaan jajabyo rinji ama ciid ay ku jirto macdanta ledhku. Waxa kale oo uu ku-sumowga macdanta ledhku ka iman karaa siigada ledhka oo la neefsado xilliga lagu jiro cusbooneysiinta ama dayac-tirka guriga.

## Ayaa Halis u Ah Ku-sumowga Macdanta Ledhka?

Caruurta da'doodu ka yar tahay lix sannadood ayaa halista ugu weyn u ah ku-sumowga macdanta ledhka. Macdanta ledhku waxay qas galisaa korniinka wacan ee maskaxda inta lagu jiro sannadaha.

Waxa kale oo halis ku jira haweenka uurka leh iyo ilmahooda uurka ku jira. Heerarka ledhka ku jira dhiigga oo sareeya waxay dumarka uurka leh ka dhigaysa kuwo halis dheeraad ah u ah dhicin, ilmo mayd ahaan u dhasha ama ilmo miisaanka dhalashadoodu yar yahay.

Sidoo kale dadka waaweyni waxay iyaguna halis u yihiin inay ku sumoobaan iyada oo saameynada soo gaadhaya ay noqon karaan min cadaadis dhiig oo sareeya ilaa halis ka sii sareysa oo ah geeri hore ugu timaada.

## Gurigaaga Halkbee Baa Inta Badan Laga Helaa Macdanta Ledhka?

Waxa innagu wareegsan illo leh macdanta ledhka oo ku baahsan deegaankeena. Caruurta yaryar inta badan waxa sumeeya siigo ledh ah oo aan la arki karin oo kacda marka rinjiga dilaaco, uu waxyeeloobo ama marka la garaaco. Waxa badanaa taa sababi kara waa furista iyo xidhista daaqadaha, albaabada is xoqa ama meelaha dushooda lahayd rinji gaboobay kaasoo qalayl lagu xoqay. Waxay siigadu fadhiisataa dhulka iyo sagxadaha kale, ka dibna si fudud ayay u soo gaadhi kartaa gacmaha ilmaha ama alaabta ay ku ciyaaraan una gali kartaa afkooda. Waxa macdanta ledhka laga heli karaa ama waxa sababi kara:

- Rinjiga ku saleysan macdanta ledhka ee fuqaya, jajabaya ama waxyeeloobay ee ku yaala daaqadaha, albaabada, jaranjarooyinka, gacmo-qabsiyada iyo goobaha kale ee guriga
- Ciidda dhulka ee banaan ee uu wasakheeyay macdanta ledhku
- Xirfadaha ama shaqooyinka (qandaraasleyda, rinjiileyaasha, shaqada jid-weynaha, qarshada ama quraaradda leh midab ama qurxinta wiciyadda)
- Biyaha la cabo (tuubooyin ah ledh, alxanka, iyo fureyaasha tuubooyinka dhamaan waxa ku jiri kara macdanta ledhka)

Illaha kale ee Ku-sumowga Macdanta Ledhka:

- Daahyada ah balaastigga (vinyl) ee la soo dhoofiyay
- Shumacyada leh dubaalad leh ledh
- Saxamada qubeyska ee gaboobay ee la mariyay macdanta ledhka
- Alaabta ciyaarta ee balaastigga ah ee la soo dhoofiyay
- Qalimada midabeynta ee la soo dhoofiyay
- Dawooyin dhaqameedka iyo/ama fitamiino dhaqameedka (Greta, Arzacan, Pay-loo-ah, Indho-kuusha, Kandu)
- Baytariyada baabuurka iyo rinjiga



## Ilmahaaga Baadh.

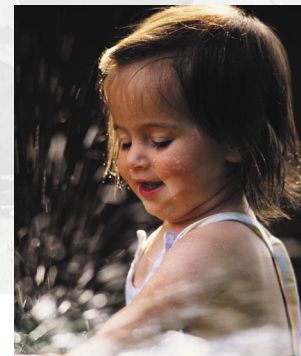
Calaamadaha ku-sumowga macdanta ledhku waa kuwo ay dhib tahay in la dareemo ilaa ilmaha ay waxyeelo weyni ka soo gaadhayso. Waa in ilmaha la baadho da'da hal sanno iyo da'da laba sanno iyo ka dib oo ah sida uu ku taliyo dhakhtarkaagu ama bixiyaha daryeel caafimaad. Habka kaliya ee lagu ogaan karo haddii ilmuhu uu qabo ku-sumowga macdanta ledhka waa iyada oo la sameeyo baadhitaan dhiig.

## Maxaad Sameyn Kartaa si Aad Ilmahaaga Uga Badbaadisid Ku-sumowga Macdanta Ledhka?

Waxa jira waxyaabo badan oo uu waalidku sameyn karo si uu ilmahaaga uga ilaaliyo ku-sumowga macdanta ledhka:

- Dhaq gacmahaaga ka hor inta aanad diyaarin cuntada.
- U hubso in gacmaha ilmahaaga, mujuruca, dhalooyinka iyo alaabta ciyaarta marrar badan la dhaqo.
- Ha xoqin rinjiga gaboobay oo qalalan. Kaliya qoyaan ku xoq isla markiina qoyaan ku nadiifi.
- Qalayl ha ku xaaqin. Sagxadaha iyo oogada u isticmaal hababka nadiifinta ee qoyan. Marwalba ka dib isticmaalka nadiifi buushka iyo madaxa xaaqinta.
- Biyaha qabow ee tuubada kaliya u isticmaal cabista, karinta iyo diyaarinta caanaha ilmaha. Waxay u badan tahay in biyaha kulul ee ka yimaada tuubooyin gaboobay ay leeyihiin heerar sare oo ah macdanta ledhka.
- Iska ilaali isticmaalidda alaabta leh ledhka marka aad alaab sameynaysid ama shaqeynaysid.

- Istimaal faakiyuumyada leh shaandhooyinka HEPA.
- Ilmaha ha u oggalaan inay ku ciyaaraan ciidda banaan.
- Haddii aad guriga kiro ugu jirtid, u sheeg mulkiilaha guriga wixii ah rinji jajabaya, dilaacaya ama fuqaya.



## Na Gargaar si Aanu Kuu Gargaarno.

Coalition to End Childhood Lead Poisoning (Isbahaysiga u Bahoobay Dhameynta Ku-sumowga Macdanta Ledhka ee Ilmaha) waxay kuu soo diri karaan war dheeraad ah oo ku saabsan alaabta iyo adeegyada kaa gargaari kara inaad yareysid halista in ilmahaaga ay soo gaadho ku-sumowga macdanta ledhka. Fadlan calaamaddee dhamaan inta haboon.

- Warka Guud ee Ka-hortagga Ku-sumowga Macdanta Ledhka**
- Dhaqamada Shaqo ee Amaanka ka ah Macdanta Ledhka**
  - Tababarka/adeegyada hagaajinta amaanka ka ah macdanta ledhka
  - Liiska kormeereyaasha macdanta ledhka ee liisanka leh
  - Liiska qandaraasleyda rinjiga leh ledhka ee liisanka leh
  - Barnaamijka Daynta Faakiyuumka ee HEPA
  - Gargaarka adeecidda mulkiilaha guri kiro ah

## Deeqaha iyo Daymaha Yareynta Halista Macdanta Ledhka

- Adeegyada Hoyga**
  - Gargaarka dib-u-dejinta
  - Diiwaanka Guriga Amaan ka ah Macdanta Ledhka

## Adeegyada Sharciga

- Xisaab bangi oo kireysteyaasha loogu talagalay oo kiradu la dhigo
- Waxbarashada xuquuqda sharciga ah

## Waxan ahay:

- Mulkiile guri
- Kireyste

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