



FARAXSAN, CAAFIMAAD QABA, IGA BADBAADI LEAD!

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Waxaa sawirada keenay Allison Valentine

Qoyskeenu waa uu ballaaranayaa,
ubad ayaa inagu soo biiraya.
Waxaanu ubaahanahay boos
dheeraad ah
si uu ugu kobco oo uuna ugu ciyaaro.



Waaliid, ma ogtahay:

Macdanta lead waa sun taasoo waxyeello u geysata ku dhawaad qeyb kasta oo kamid ah jirka canuga, gaar ahaan maskaxda.

Tallaabooyin fudud ayaa kaa caawin kara inaad macdanta lead ka ilaaliso canugaada.





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Raadinta meel ka weyn,
barashada inta aanu sii socono.
Haddii uu jiro riinjiga macdanta lead,
waxaanu ubaahanahay
inaanu ogaano.



Waalid, ma ogtahay:

Kahor inta aadan iibsan ama aadan kireysan guri la dhisay wixi ka horreeyey sanadki 1978, waa inaad, sharci ahaan, hesho buug-yaraha Ka ilaa li Qoyskaaga Macdanta Lead ee Kujirta Gurigaaga.

Guryaha la dhisay wixi ka horreeyey sanadki 1978 waxaa laga yaabaa inay kujiraan riinji ka sameysan macdanta lead ama busta macdanta lead.

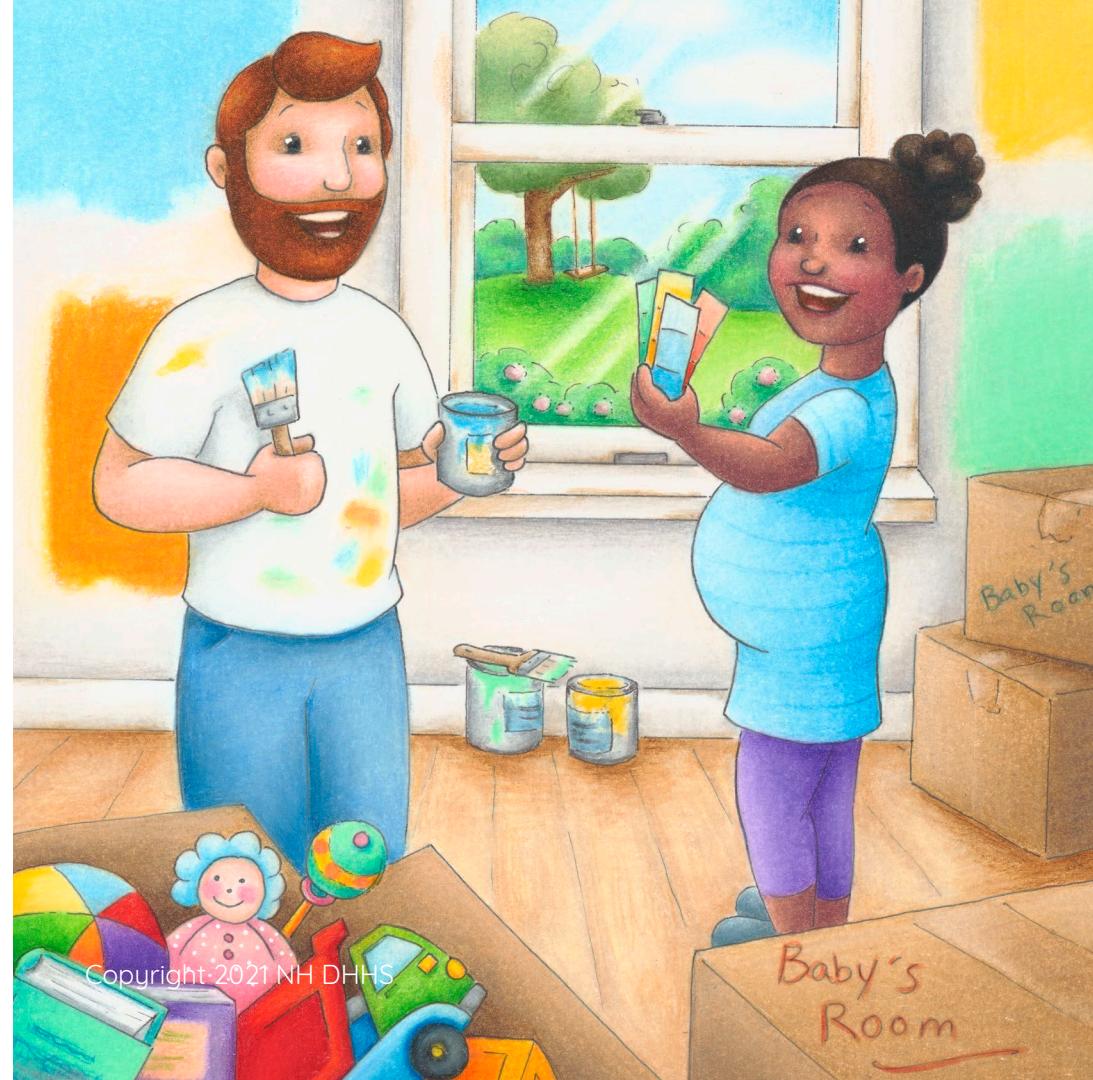
Kahor sameynta qolalka
iyagoo diiran oo ifaya,
waxaanu ka hubinnaa lead
si sax loogu dayactiro.



Waalid, ma ogtahay:

Kahor inta aadan go'aansan inaad iibsato ama dayactirato guri, kormeeraha macdanta lead ee ruqsada u haysta ayaa ka baari kara riinjiga ka sameysan macdanta lead.

Kormeerka guriga maku jiro baaritaanka riinjiga macdanta lead ka sameysan.



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Iyadoo la isticmaalaya
qalabka tijaabada, waxaa casaan
noqonaya caarada sare,
hada waxaan ognahay
meesha suntu leh.



Waalid, ma ogtahay:

Qadarka busta macdanta lead ee sumeyn karta canuga waa mid aad u yar, maku arki kartid gacmaha dushooda, alaabta carruurtu ku ciyaarto, ama meelaha kale dushooda.

Waxa aad bakhaarada qalabka lagu iibyo kasoo iibsan kartaa qalabka tijaabada macdanta lead oo ay aqoonsan tahay hay'adda EPA.

U xirxirashada safarkeena.
Waxa uu noqon doonaa
mid madadaalo ah!
Ka fogaanshaha guriga
ilaa shaqada la dhameeyo.



Waalid, ma ogtahay:

Carruurta iyo haweenka uurka leh waa inay baxaan ilaa shaqada ka badbaadinta macdanta lead laga dhammeeyo oo goobtana si fiican loo nadiifijo.

Shaqada kicisa riinjiga ka sameysan macdanta lead waxa ay keentaa busta macdanta lead oo khatar ah.



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Ka shaqeynta badbaadada lead
waa muhiim in la sameeyo,
si aanu ooga ilaalino qoyskeena
iyo sidoo kale, shaqaalaha.



Waalid, ma ogtahay:

Dayactirayaasha shahaadada u haysta dhaqamada shaqada
badbaadada macdanta lead ayaa sidoo kale loo tababaraa inay
hubiyaan lead-ka iyo inay bixiyaan buug-yaraha Xuquuqda Dib
u Dayactirka.

Tababarka badbaadada dib u dayactirka lead-ka ayaa loo hayaa
milkiliyaasha guryaha.

Marka la bakhtiiyo shumaca,
Qoyskeena meel dhaw ayey
isugu yimaadaan.

Lagu heesayo “Dhalasho Farxad leh”
si loogu dabbaaldego sanadka.



Waalid, ma ogtahay:

Carruurta u muuqda kuwa faraxsan oo caafimaad qaba waxaa jirkooda kujiri kara heerar khatar ah oo lead ah.

Heerarka lead ee carruurta waa in la tijaabiyyaa kahor da'da 1 sano iyo mar labaad da'da 2 sano.





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Marka aad ku booqaneyso
dhakhtarka da'da hal sano
ama labo sano,
tijaabada heerka lead
ayaa ah waxa aanu sameyn doono.

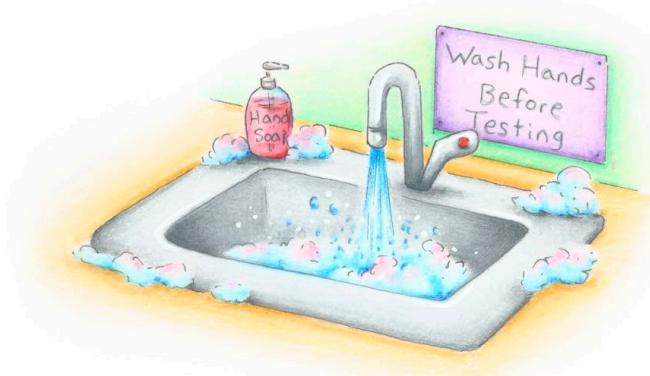


Waalid, ma ogtahay:

Heerka lead ee canugaada waxaa lagu tijaabin karaa xafiiska
dhakhtarka iyadoo si fudud farta looga mudayo.

Natijada tijaabada waxaaba laheli karaa kahor inta aadan xafiiska
ka bixin.

Hubinta ilmaha
madax ilaa cirib,
tijaabada heerka lead ee degdegga
inta aanan bixin kahor.



Waalid, ma ogtahay:

Ku dhaqitaanka gacmaha canugaada saabuun iyo biyo waa muhiim kahor inta aanan la cunin cuntada, hurdada, iyo tijaabada heerka lead si walxaha lead loo soo saaro.

Marinta dareerayaasha aalkolada iyo jeermis dilayaasha gacmaha **masoo** saaraan lead.





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U qoslidda si wadajir ah
isla markaana kuciyaaraya
alaabta carruurta,
gurigeena waxaa ka buuxa
qeylo farxadeed.



Waalid, ma ogtahay:

Waxaa jira meelo badan oo gurigaada iyo deegaankaaga kamid ah oo lead laga heli karo, ay kamid yihiin riinjiga, busta, ciidda, alaabta carruurta ku ciyaarto, iyo biyaha.

Macdanta lead ayaa guriga looga soo qaadi karaa qaar kamid ah noocyada shaqooyinka iyo hiwaayadaha.

Qaaditaanka tallaaboojin yar
u fudud sida ay noqon karaan,
ayaa inagu farxad galiya,
caafimaad qabka,
iyo ka badbaadida lead!



Waalid, ma ogtahay:

Majiro heer badbaado leh oo soo gaarista macdanta lead ee carruurta ah; xitaa heerarka hoose waxa ay u daran yihiin caafimaadkooda, koboca maskaxdooda, iyo koritaanka.

Ku sumowga macdanta lead 100% waa laga hortagi karaa.



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Si aad waxbadan ooga ogaatid, booqo LeadFree.Me



Taageerada Bukaan-socod eegidda ee ay bixiso NH Cutubka Akadeemyada Maraykanka ee Dhakaatiirta Carrurta.

Waaxda Caafimaadka iyo Adeegyada Aadanaha ee NH (NH DHHS) ayaa soo saartay buuggan iyadoo heshisydvana ay maalgeeliyen. Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Mareykanka (HHS), Xarunta Xakamaynta iyo Kahortagga Cudurrada (CDC) iyo Hay'adda Ilaalinta Deegaanka ee Maraykanka (EPA). Nuxurka kujira waa kuwa NH DHHS mana ka tarjumayaan siyaasaddha rasmiga ah ama aragtiiyaha, mana ahan ayiditaanka, HHS, CDC, ama EPA.

Macluumaadka lagu bixiyey buuggan dhexdiisa waxa ay kusaleysan yihiin fahamka sayniska iyo farsamada ee hadde jira ee la xariira arrimaha lasoo bandhigay. Raacitaanka talada la bixiyey kama dhigna inay bixinayso ilaalinta buuxda ee dhammaan xaaladaha ama mid kadhan ah dhammaan khataraha caafimaad ee uu keeni karo soo gaaritaanka lead.



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