

Cunugaagu ma u baahan yahay baaritaanka liidhka dhiiga?

Cunugaagu ma . . .

Haa **Maya**

- ku nool yahay ama si joogto ah ma ubooqdaa guri la dhisay kahor sanadkii 1978, gaar ahaana lagu sameeyay dayactir dhawaan?
- ma leeyahay walaal ama saaxiib ay dhiigiisa ku badan tahay maarta macdanta?
- ma leeyahay waalid ama daryeele kaasoo kashaqeeya macdanta liidhka, midkood goobtiisa shaqada ama goobta uu kunasto?
- ma kayimid wadan kabaxsan Maraykanka?
- ma adeegsadaa maadoyinka dhaqanka ama alaabaha la isku qurxiyo, sida greta, azarcon, ama kohl?
- ma leeyahay caymiska Apple Health/Medicaid?

Haddii aad ku jawaabtay **HAA** mid kamid ah su'aalahaan ama aad aaminsan tahay in cunugaagu uu marna taabtay maarta macdanta, **cunugaagu wuxuu u baahan yahay in laga baaro maarta dhiiga.**

Soo jar kaarka hoose oo ugee dhakhtarka cunugaaga marka xigta ee aad baaritaanka caadiga ah ee faya dhawrka ugu tagayso. Haddii cunugaagu leeyahay caymiska Apple Health, ka faaiidayso baaritaankooda lacag la'aanta ah, xataa haddii aad ku jawaabtay **MAYA** su'aalaha kale.

My child needs a blood lead test.

Provider: A lead risk factor questionnaire identified this child as having one or more risk factors for lead exposure.

Federal law mandates that all children enrolled in Medicaid are required to get blood lead tests at ages 12 and 24 months.

For more information, [visit **doh.wa.gov/lead**](https://www.doh.wa.gov/lead).

Maxaa sababa sunta macdanta ee ilmaha gasha?

Qaabka ugu badan ee macdanta liidhka u geli karto ilmaha waa riinjiga guryaha duqa ah. Riinjiga ayaa noqon kara mid khatar ah marka uu soo fuqo ama boor noqdo. Wasakhda macdanta ayay neefsan karaan ama liqi karaan carruurto. Dhaq gacmaha iyo boonbalayaasha si joogto ah si aad uga mayrto wasaq kasta.

Waxyaabaha guriga yaala ee ay kujiri karaan maarta macdanta:



Riijiga soo fuqa iyo wasakhda riinjiga



Aashuunka gacanta lagu sameeyay



Ciida iyo wasakhda



Miraha dibada laga keeno



Boonbalayaasha iyo dahabka



Biyaha

Waa maxay sababta cunugaaga looga baaraayo macdanta?

Haddii macdanku galo cunugaaga, waxay dhaawici kartaa maskaxda iyo kalyaha, sidoo kalana waxay ku adkaynaysaa inuu waxbarto, feejignaan lahaado, uuna si wanaagsan udhaqmo. Xataa cadadyada yar ee maarta macdanta ayaa waxyeelayn karta cunugaaga, marka waa muhiim in la ogaado in cunugaagu ubaahan yahay baaritaan iyo inkale.

Waa maxay astaamaha sunta macdanta?

Inta baddan caruurta dhiigooda ay kujirto sunta macdanta uma eka ama uma dhaqmaan sida qof xanuunsan. Baaritaanka dhiiga ayaa ah qaabka kaliya ee lagu sheegi karo in cunugaagu qabo sunta macdanta.

Maxaa dhacaaya haddii cunugaagu qabo sunta macdanka?

Waaxda Caafimaadka ama caafimaadka deegaankaaga ayaa kaa caawin karta baarista iyo joojinta isha macdanku ka imaanayso. Qoyskaaga ayaa sidoo kale lagu xirayaa ilaha adeegyada, sida adeegyada nafaqada, si ay utaageeraan caafimaadka cunugaaga.

Ku Sumoowida Rasaasta/Macdanta Birta ee Caruurta Barnaamijka Ka Hortagga

Macluumaad dheeraad ah oo ku saabsan rasaasta/macdanta birta iyo si aad u aragto khatarta macdanta liidhka ee xaafaddaada, booqo doh.wa.gov/lead ama wac 1-800-909-9898.



DOH 334-141 December 2022 Somali
Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir civil.rights@doh.wa.gov.