

# Ku sumobida Ledhka ee Carruurta

## Waa maxay ku sumobida ledhka?

ledhka waa bir sun ah oo wax u dhimi karta caafimaadka carruurta. Ledhka waxa laga heli karaa deegaanka ilmaha oo dhan. Sunta ledhka waxay dhacdaa marka xaddi yar oo ledhka ah ay ku badato jirka. Saamaynta waxyeelada leh ee soo-gaadhista ledhka caruurnimada waa laga hortagi karaa.

## Sidee bay ledhku u saamaysaa caafimaadka carruurta?

Soo-gaadhista ledhku waxay dhaawici kartaa qaybo badan oo jidhka ah, oo ay ku jiraan maskaxda iyo habdhiska nerfaha. In macdanta "lead" ay jidhka carruurta ku badan tahay waxay u keeni kartaa dhibaatooyin xagga korriinka, dabeecadda, iyo caafimaadka. Xitaa in yar oo macdanta "lead" ah ayaa la ogaday inay saameeyaan waxqabadka waxbarashada school ka ee ilmaha, awoodda feejignaanta, iyo IQ. Soo-gaadhista macdanta ledhka xilliga uurka waxay kordhin kartaa halista in ilmo dhicis ah ama miisaan yar dhashaan.

## Saamaynta caafimaad ee soo-gaadhista ledhka ee carruurta



Waxyeellada  
maskaxda iyo  
habdhiska dareenka



Dhibaatooyinka  
waxbarashada iyo  
dhaqanka



Koritaanka iyo  
horumarka oo gaabis  
ah



Dhibaatooyinka  
maqalka iyo hadalka

Wixii macluumaad dheeraad ah kala xiriir:  
Waaxda Caafimaadka iyo Adeegyada Aadanaha  
ee Nebraska  
Barnaamijka Ka Hortagga Ku Sumobida Ledhka  
ee Carruurta  
Taleefanka: 1-888-242-1100 | Websaydh:  
[www.dhhs.ne.gov/lead](http://www.dhhs.ne.gov/lead)

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## Sidee caruurta ugu nugul yihiin sunta ledhka?

Soo-gaadhista ledhku waxay dhacdaa marka ilmuhu liqo ama ku neefsado boorka ledhka. Carruurta waxa ay la kulmi karaan marka ay taabtaan jajabka riinjiga iyo boorka riinjiga ledhka ee guryaha qadiimka ah. Carruurta waxay kula kulmi karaan sunta ledhka meelo kale, sida ciidda wasakhaysan, shaqada waalidka ama hiwaayadda, ama dhumaha biyaha qaarkood. Badeecooyinka qaar waxa ku jiri kara sunta ledhka, oo ay ku jiraan cuntada dibadda laga keeno iyo xawaashka, weelka cuntada lagu kariyo, dawooyinka dhaqameed, alaabta carruurta ku ciyaarto, iyo dahabka ama bulukaatiga.

## Waa kuwee carruurta halista ugu jira?

Carruurta da'doodu ka yar tahay 6 sano waxay halis ugu jiraan dhibaatooyinka caafimaad ee ay keento soo-gaadhista ledhka sababtoo ah cabbirkooda oo yar iyo korriimadooda maskaxda. Carruurta yaryari waxay halis sare ugu jiraan soo-gaadhista ledhka haddii ay ku nool yihiin guryo qadiimi ah, ay leeyihiin waalid ka shaqeeya macdanta ledhka, ama ay ku nool yihiin meel u dhow goobaha ay wasakheyaan warshadaha ledhka. Soogalootiga iyo qaxootiga dhawaan yimid ayaa sidoo kale ku jira khatar sare.

## Sideen uga hortagi karaa sunta ledhka?

Kala hadal dhakhtarka carruurtada wixii ku saabsan baaritaanka ku sumobida ledhka. Baaritanka dhiigga ee macdanta ledhka ayaa ah habka ugu wanaagsan ee lagu go'aamin karo haddii ilmuhu la kulmay sunta ledhka. Furaha ka hortagga sunta ledhka waa in laga ilaaliyo carruurta in ay u dhawaadaan macdanta ledhka.

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