

Sida Looga ILaaliyo Carruurtada Ledhka

Ka fogee carruurta riinjiga ledhka iyo siigada/boorka ledhka

- Ka fogee carruurta meelaha riinjiga dillaacsan iyo diirka leh. Inta badan guryaha la dhisay ka hor 1978 waxa ku jira riinjigooda maadada ledhka.
- Ha u oggolaan carruurta inay cunaan jajabyada rinjiga, cunaan ciidda, ama wax ku calaajiyay meelaha riinjiga leh.
- Ku dabool ciidda ay carruurta ku ciyaaraan caws, xaab, ama jajabyo alwaax ah. Ka ilaali carruurta inay ku ciyaaraan ciidda oo laga yaabo inay ku wasakhaysan tahay ledhka.



Nadiif ka dhig

- Ku dhaq gacmaha carruurta saabuun iyo biyo marar badan, gaar ahaan ka hor inta anay wax cunin.
- Marar badan ku nadiifi sagxadaha xaaqin-qoyan . Isticmaal shukumaan tiish qoyan si aad si joogto ah u tirtirto daaqaadaha iyo dusha sare ee kale. Ha xaaqin meel qalalan.
- Saabuun iyo biyo ku dhaq alaabta carruurta ku ciyaarto, mujuruca ama cinjirka, iyo dhalooyinka ama masaasadah.
- Ku nadiifi roogagyada faakuum ku rakiban shaandhada HEPA haddii ay suurtagal tahay.



U dayactir si amaan ah

- Dib-u-dayactirka iyo dib-u-habaynta guryaha qadiimka ah waxay abuuri kartaa khataraha boorka ledhka.
- Hubi in shaqaalaha loo tababaray oo ay isticmaalaan habka shaqada ee amaanka leh ee ledhka.
- Carruurta iyo haweenka uurka leh waa in ay ka fogaadaan dayactirka saameynayo riinjiga hore ilaa meesha laga nadiifinayo.



Wixii macluumaad dheeraad ah kala xirrir:
Waaxda Caafimaadka iyo Adeegyada Aadanaha ee
Nebraska
Barnaamijka Ka Hortagga ku Sumobida Ledhka ee
Carruurta
Taleefanka: 1-888-242-1100 | Web:
www.dhhs.ne.gov/lead

2022 dib loo eegay 8

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Sida Looga ILaaliyo Carruurtada Ledhka

Guriga ha keenin ledh ka soo raacay shaqada ama hiwaayadda

- Haddii waalidku ka shaqeeyaan macdanta ledhka, beddel dharka shaqada oo maydho wejiga, gacmaha iyo jirka aan daboolnayn ka hor intaysan guriga tagin.
- Kabaha shaqada ha dhigin albaabkaaga.
- U dhaq dharka shaqada si gooni ka ah dharka kale ee xubnaha qoyskada.



Sii Cunto Caafimaad leh

- Sii ilmahaaga cunto caafimaad leh iyo cunto fudud.
- Cunto isku dheeli tiran oo leh cuntooyinka bixiya kalsiyum, birta, iyo fiitamiin C waxa laga yaabaa inay caawiso inay jirka ka ilaalisoo suntan ledhka.



Iska ilaali Alaabta ay ku jiri karto sunta ledhka

- Iska ilaali inaad isticmaashid alaabooyin gaar ah oo ay ku jiraan macdanta ledhka, gaar ahaan haddii ilmahaagu leeyahay heerka ledhka dhiigga oo sarreeya.
- Alaabooyinkan ayaa isugu jira dawooyin dhaqameed, xawaash iyo waxyaalaha la isku qurxiyo oo dalal kale laga keeno, iyo alaabta carruurta ay ku ciyaaraan oo qadiimiga ah.



Wixii macluumaad dheeraad ah kala xirrir:
Waaxda Caafimaadka iyo Adeegyada Aadanaha ee
Nebraska
Barnaamijka Ka Hortagga ku Sumobida Ledhka ee
Carruurta
Taleefanka: 1-888-242-1100 | Web:
www.dhhs.ne.gov/lead

2022 dib loo eegay 8

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES