

Ilaha Ledhka

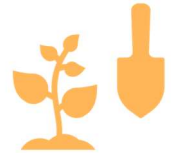
Riinjiga ledhka iyo Siigada ama boorka ledhka

- Riinjiga ledhka ee guryaha qadiimka ah waa isha caadiga ah ee soo-gaadhista ledhka ee carruurta. Inta badan guryaha la dhisay ka hor 1978 waxa ku jira rinjiga ledhka..
- Marka rinjiga ledhku diirmo ama dillaaco, waxay samaysaa jajabyo rinjiga ledhka ah iyo boorka.
- Boorka ledhka waxay ku ururi kartaa saqafka daaqadaha, sagxadaha, roogagga, alaabta guriga, iyo alaabta carruurta ku ciyaarto.
- Carruurta waxa ay suntan ledhka la kulmi karan marka ay liqaan ama neefqaataan boorka ledhka.
- Dayactirka iyo dib u habeynta guryaha qadiimka ah waxay abuuri karaan boorka ledhka.



Ciidda

- Ciidda guriga ku xeeran waxa ay ku wasakhaysan kartaa sunta ledhka ee ka imanaysa wasakhawga warshadaha ama daabulida riinjiga meel ka baxsan guriga.
- Carruurta waxay la kulmi karaan sunta ledhka marka ay ku ciyaarayaan ciidda.
- Ciidda waxaa guriga soo galin karo kabo, dhar, ama xayawaan rabaayad ah.



Shaqooyinka iyo Hiwaayadaha

- Dadka ka shaqeeya hareeraha ledhka iyo biraha qaarkood waxay guriga soo gelin karaan heerar waxyeello leh oo ah boorka ledhka.
- Shaqooyinka: Ka shaqaynta aasaaska, dhismaha iyo duminta, alxanka, tuubooyinka, samaynta rasaasta, goobaha qori ridista lagu barto, iyo dib u warshadaynta biraha.
- Hiwaayadaha: Samaynta dhalada midabeysan , dahabka, dayactirka baabuurta, iyo biraha qashinka ah.



Wixii macluumaad dheeraad ah kala xarriir:

Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Nebraska
Barnaamijka Ka Hortagga Ku Sumobida Ledhka ee Carruurta
Telefoonka: 1-888-242-1100 | Web: www.dhhs.ne.gov/lead

Ilaha Ledhka

Cuntooyinka iyo Daawooyinka la soo dhoofiyo

- Qaar ka mid ah cuntooyinka dibadda laga keeno iyo xawaashka laga keeno gobollada kale waxa ku jiri kara sunta ledhka.
- Daawooyin dhaqameedyada qaarkood iyo dawooyinka dhirta waxaa ku jiri kara sunta ledhka, sida dawooyinka Ayurvedic qaarkood, Daw Tway , Pay-loo-ah, Ba- baw - san.
- Waxyaabaha la isku qurxiyo iyo budada sida Kohl(indha kuusha), Surma, Sindoor, Kumkuma.



Qalabka wax lagu kariyo, Alaabta lagu ciyaaro, iyo Dahabka ama Bulukaatiga

- Qaar ka mid ah weelasha qadiimiga ah iyo kuwa la soo dhoofiyo waxa ku jiri kara sunta ledhka, sida dhoobada dhalaalaysa iyo digsiyada digirta.
- Ledhka ayaa laga helay alaabta lagu ciyaaro ee riinjiga qadiimiga ah, dahabka carruurta ee aan qaaliga ahayn, iyo furayaasha.



Biyaha

- Tuubooyinka biyaha qaarkood, qasabadaha, iyo qalabka tuubooyinka ayaa laga yaabaa inay ku jiraan sunta ledhka oo geli karta biyaha la cabbo.



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