

DIGNIIN: INDHA KUUSHA WAXA KUJIRI KARA CURIYAHA 'LEAD'

WAA MAXAY SABABTA UU 'LEAD' KHATAR U YAHAY?

'Lead' waa bir sun ah oo waxyeello gaarsiin karta dadka haddii ay jirka gasho. **Carruurta yaryar iyo haweenka uurka leh** ayaa halis ugu jira sababtoo ah 'lead' wuxuu dhaawici karaa koboca maskaxda.



'LEAD' KUJIRA INDHA KUUSHA, KAJAL, SURMA IYO SORMEH

Budada madow ee indhaha lagu kuusho oo sidoo kale loo yaqaan **indhaha kuul, kajal, surma ama sormeh waxaa kujiri kara 'lead'**. Waxaad noqon kartaa qof uu soo gaaray 'lead' haddii budadani ay gasho indhahaaga ama afkaaga.

MAXAAD KA QABAN KARTAA?

- **Dhaq gacmahaaga** kadib markaad gacanta ku qabato shayga.
- **Weelka ay kujiraan ka fogee** carruurta.
- **Isticmaal waxyaalo aan 'lead' lahayn** markii ay suurtoagal tahay.
- **Ka codso dhakhtarkaaga in 'lead' dhiigga** laga baaro.
- **Baar alaabta** adigoo wacaya khadka 'lead' oo ah 503-988-4000 si aad u ogaato ikhtiyaarada jira.



Su'aalo?

Booqo www.leadline.org
ama wac 503-988-4000



WAA MAXAY ALAABTA UU 'LEAD' KUJIRAA?

In kastoo halista 'lead' ee ugu wayn marka la eego dadka Oregon ay tahay ranjiga 'lead'-ka leh ee guryaha duugga ah, 'lead' wuxuu kujiri karaa alaabaad kale ama shayo maalin kasta la adeegsado.

Bulshadu waa inay ogaataa halisaha gaarka ah ee uga imanaya alaabaad dhaqameedka ay kujiri karaan 'lead' sida:

- huruudda
- waxa la isku qurxiyo
- budooyinka midabaysan
- waxyaalaha la isku daaweeyo
- qardhaasaha
- alaabta dhoobada ah

Haddii aad ka walaacsan tahay alaabaadka leh 'lead', **la xiriir 503-988-4000 wixii kusaabsan baarista lead.**

Calaamadaha sumawga 'lead' si dhib yar looma ogaado. Carruurta iyo dadka waawayn ee 'lead' ku sumoobay waxa dhici karta inaanu ka muuqan ama dareemin xanuun.



Haddii adiga ama xubnaha qoyskaaga ay halis ugu jiraan sumawga 'lead', **ka dalbo dhakhtarkaaga in laga baaro 'lead' dhiigga.**

Su'aalo?

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