

# Icyo ikizamini kigaragaza ingano y'ubutare bwa plomb iri mu maraso y'umwana wawe kivuze

Ikizamini cy'amaraso kigaragaza ubutare bwa plomb buri mu maraso y'umwana wawe. Ubutare bwa plomb bushobora kwangiza imikurire y'umwana wawe, imyitwarire n'ubushobozi bwo kwiga. Uko ikizamini kigaragaza ko ari bukeya, biba ari byiza.

Uburozi bwinshi bukomoka ku butare bwa plomb bubaho iyo abana barigase, bamize, cyangwa binjije umukungugu uvuye ahantu bateye irangi ririmo ubutare bwa plomb hashaje. Inzu nyinshi zubatswe mbere y' 1978 ziteye amarangi ashaje arimo ubutare bwa plomb, akenshi usanga arengejeho irangi rishya. Iyo irangi ryomotse, rigasaduka, cyangwa rikangirika, ibice n'umukungugu w'ubutare bwa plomb bishobora gukwirakwira hasi, inkomanizo y'idirishya, no mu rugo rwawe hose. Umukungugu w'ubutare bwa plomb uva ahasize irangi noneho ukaba wajya mu biganza by'abana n'ibikinisho, no mu kanwa kabo.

Abana benshi bagiye bakora ku butare bwa plomb buri ahasize amarangi ya kera, ubutaka, ibikoresho binyuramo amazi, cyangwa handi hantu. Niyo mpamvu Leta ya New York isaba abaganga gukorera abana bose ibizami byo kureba ko nta butare bwa plomb buri mu maraso yabo bafite umwaka 1 bakongera kubibakorerwa bafite imyaka 2. Ku bana bafite imyaka itandatu, muganga cyangwa umuforomo mukorana agomba kukubaza buri gihe cyose umwana aje kwisuzumisha bisanzwe, uburyo umwana wawe ashobora kuba yarakoze ku butare bwa plomb. Abana bakoze ku butare bwa plomb bagomba gukorerwa ibizamini.

Ibisubizo by'ibizamini bingana na  $\mu\text{g}/\text{dL}$  5 cyangwa zirenga, hakoreshejwe amaraso yo ku mutwe w'urutoki, bigomba kongera gusuzumwa hakorwa ikizamini cya kabiri hakoresheje amaraso yavuye ku mugarura (akenshi wo ku kuboko). Ibisubizo bya kabiri nabyo bibaye bikiri  $\mu\text{g}/\text{dL}$  5 cyangwa birenga, ugomba gukurikiza intabwe zikurikira.

<b>Ibisubizo by'ikizamini</b> muri mikorogaramu kuri desilitiro ( $\mu\text{g}/\text{dL}$ )	<b>Intabwe ikurikira</b>
<b>0-4</b>	<ul style="list-style-type: none"><li>• <b>Mu maraso y'umwana wawe harimo umukungugu w'ubutare bwa plomb mukeya cyane.</b></li><li>• Impuzandengo y'ibisubizo ku kizamini cy'ubutare bwa plomb buri mu maraso ku bana batoya ni mikorogaramu 1,4 kuri desilitiro (<math>\mu\text{g}/\text{dL}</math>).</li></ul>
<b>5-14</b>	<ul style="list-style-type: none"><li>• <b>Ingano y'ubutare bwa plomb iri mu mwana wawe ni nyinshi. Ibisubizo by'ibizamini bya <math>\mu\text{g}/\text{dL}</math> 5 cyangwa byo hejuru bisaba ko hagira igikorwa.</b></li><li>• Muganga cyangwa umuforomo ukuvura avugana nawe ku bijyanye n'ifunguro ry'umwana wawe, gukura ku mubiri no mu mutwe, n'ahantu hashobora kuba hava umukungugu w'ubutare bwa plomb.</li><li>• Ishami ry'ubuzima ry'aho ubarizwa rivugana nawe ku buryo bwo kurinda umwana wawe kandi risura urugo rwawe kugira ngo rirebe ahaturuka umukungugu w'ubutare bwa plomb.</li><li>• Umwana wawe agomba kongera gukorerwa ikizamini 1 mu mezi 3.</li></ul>
<b>15-44</b>	<ul style="list-style-type: none"><li>• <b>Urugero rw'umukungugu w'ubutare bwa plomb buri mu mwana wawe ni rwinshi cyane. Wowe na muganga mukorana mugomba kugira icyo mubikoraho byihuse.</b></li><li>• Muganga mukorana cyangwa umuforomo avugana nawe ku bijyanye n'ifunguro ry'umwana wawe, gukura ku mubiri no mu mutwe, n'ahantu hashobora kuba hava umukungugu w'ubutare bwa plomb.</li><li>• Ishami ry'ubuzima ry'aho ubarizwa rivugana nawe ku buryo bwo kurinda umwana wawe kandi risura urugo rwawe kugira ngo rirebe ahaturuka umukungugu w'ubutare bwa plomb.</li><li>• Umwana wawe agomba kongera gukorerwa ikizamini mu kwezi 1 cyangwa vuba bitewe n'ikigero cy'umukungugu w'ubutare bwa plomb n'inama ugirwa na muganga mukorana.</li></ul>
<b>45 cyangwa hejuru</b>	<ul style="list-style-type: none"><li>• <b>Umwana wawe akeneye kuvurwa ako kanya.</b></li><li>• Muganga mukorana cyangwa cyagwa ishami ry'ubuzima ry'aho ubarizwa bahita baguhamagra bakimara kubona ibisubizo.</li><li>• Bishobora kuba ngombwa ko umwana wawe ahabwa ibitaro, cyane cyane niba urugo rwawe rurimo umukungugu w'ubutare bwa plomb.</li><li>• Ishami ry'ubuzima ry'aho ubarizwa risura urugo rwawe rikagufasha kubona ahaturuka umukungugu w'ubutare bwa plomb.</li><li>• Umwana wawe ntagomba gusubira mu rugo kugeza ahaturuka uyu mukungugu havuyeho cyangwa hatungayijwe.</li><li>• Umwana wawe agomba gukorerwa ibizamini nyuma yo kuvurwa.</li></ul>

Izina ry'Umwana: \_\_\_\_\_ Ibisubizo by'ikizamini: \_\_\_\_\_  $\mu\text{g}/\text{dL}$  Itariki: \_\_\_\_\_

Niba ibisubizo by'ikizamini bitanditse hano, bisabe muganga cyangwa umuforomo mukorana, byandike, maze ubibike.

Ku bisubizo by'ibizamini byose, kurikiza amabwiriza ari ku rundi ruhande kugira ngo woye gutuma urugero rw'ubutare bwa plomb rudakomeza kwiyongera.

# Uko warinda umwana wawe uburozi buturuka ku mukungugu w'ubutare ba Plomb

Gusana aho irange ryashishutse no gusana inzu witonze.



- Kubuza abana kugera ahari irangi ryashishutse cyangwa ahari ibicebice byaryo.
- Mbere yo gusana inzu yubatswe mbere y' 1978, hamagara ishami ry'ubuzima ry'aho ubarizwa wige uburyo wakora witonze kandi ukagabanya ingano y'umukungugu.
- Abana n'abagore batwite bagomba kujya kure y'ahakorerwa isana rikora ku marangi ya kera, nko gusenya cyangwa kuriharura. Bagomba kuguma kure kugeza aho hantu hasukuwe hakoreshejwe uburyo bwo gusukura bubanza gutosa ahantu no guhanagura bakoresheje HEPA (ntabwo ari uguhanagura nta mazi).

Gukura imikungugu ku ntoki ukoresheje amazi, ibikinisho, amacupa, amadirishya, no hasi.



- Oza intoki z'umwana wawe no mu maso nyuma yo gukina, mbere yo kurya, na mbere yo kuryama.
- Koza ibikinisho, ibikinisho byambitswe umubiri nk'uw'innyamaswa, utwonkero n'amacupa ukoresheje isabune n'amazi inshuro nyinshi.
- Gukubura hasi kenshi, no gukoresha ibitambaro by'amazi bitose mu gusukura amadirishya.

Reba neza utazana umukungugu w'ubutare bwa plomb mu rugo ku myenda, ibikinisho, cyangwa imirimbo.



- Umukungugu w'ubutare bwa plomb uba uri mu mirimbo y'abana, ibikinisho, imfunguzo, n'ibikoresho bishaje. Iyandikishe mu kuburirwa ku byo gusubiza ibikoresho bimwe na bimwe kuri [www.cpsc.gov/cpsclist.aspx](http://www.cpsc.gov/cpsclist.aspx).
- Hari akazi kamwe n'ibishimisha abantu bishobora gutuma umuntu akora cyangwa ahura n'umukungugu w'ubutare bwa plomb. Utwo tuzi turimo: gusiga irangi, kuba kanyamigezi, kwubaka, gusana, gukora mu mbunda, ikirahuri gisize irangi, n'ububumbyi. Kugira ngo ugabanye umukungugu w'ubutare bwa plomb, hindura imyenda y'akazi mbere yo kujya mu rugo; kuramo inkweto mbere yo kwinjira mu nzu; mesa imyenda y'akazi ukwayo utayivanze n'imyenda yo gukinana; oga mu maso, karaba intoki n'uruho ahadatwikiriye mbere yo kujya mu rugo.

Shyira umukungugu w'ubutare bwa plomb hanze y'ibyo kurya n'amazi ya robine.



- Reka amazi ya robine asohoke umunota mbere yo kuyakoresha, niba yari amaze amasaha make adafunguye. Amazi yo mu muji cyangwa mu kizenga ashobora kuba arimo umukungugu w'ubutare bwa plomb uturuka ku bikoresho binyuramo amazi bishaje.
- Jya ukoresha amazi akonje mu kunywa, guteka, no gutunganya ibiryo by'umwana. Kubiza amazi ntibituma ubutare bwa plomb bugenda.
- Ntugatange ibiryo cyangwa ngo ubibike mu bikoresho by'aluminiyumu, birabagirana cyangwa ibikoresho bibumbye bisadutse.
- Hamagara ishami ry'ubuzima, cyangwa usure urubuga ruri ahakurikira urebe ubwoko bw'ibyombo, ibirungo, bombo, ibikoresho by'ubwiza, n'ibintu bivura byagaragaye ko bifite umukungugu w'ubutare bwa plomb.

Kugabura ibiryo birimo imyunyu, icyuma na vitamine C.



- Ibi byo kurya bituma umukungugu w'ubutare bwa plomb uguma mu mubiri w'umwana wawe.
- Ibyo kurya birimo imyunyu: amata, foromaje, yawurute, tofu, n'imboga rwatsi.
- Ibyo kurya birimo icyuma: ibishyimbo, ibyo kurya bitarimo ibinure, ibinyampeke bongeyemo vitamine, n'amavuta akomoka ku bunyobwa.
- Ibyo kurya bifite vitamine C: amacunga, pampemusi, inyanya, na puwavuro.

**Menya ibindi ku mukungugu w'ubutare bwa plomb.**  
[www.health.ny.gov/lead](http://www.health.ny.gov/lead)

Vugana n'umukozi utanga serivisi z'ubuzima wita ku mwana wawe.

Hamagara ishami rishinzwe ubuzima ry'aho ubarizwa. Wabasanga kuri [www.health.ny.gov/environmental/lead/exposure/childhood/program\\_contact\\_map.htm](http://www.health.ny.gov/environmental/lead/exposure/childhood/program_contact_map.htm)