

# Shyira umwana wawe kure ya lead



**Dore ibintu 4 wakora ushyira umwana wawe kure ya lead** Niba ubizi ko mu rugo rwawe hasize irangi ririmo lead cyangwa ukaba utekereza ko bishoboka, koresha uru rupapuro rw'inama rugufashe gushyira umwana wawe kure ya lead.

Ibitambambuga bifite umwaka 1 n'inyaka 2 bikunze kuba hafi ya lead Bashobora kwinjiza umukungugu wa lead cyangwa udusate tw'irangi dukomoka kuri lead mu mibiri yabo kubera ko kenshi bashyira intoki zabo, ibikinisho cyangwa ibindi bintu mu kanwa. Banakinira kandi ahantu lead ishobora kuba iri – nko hasi no ku gice gifashe idirishya cyo hasi.

## 1 Sukura ahantu bakinira

Tekereza ku hantu hose mu nzu abana bawe bakinira.

- Reba niba hari irangi rishishuka cyangwa rivunguka. Toragura ibivungukira by'irangi byose ubijugunye.
- Oza hasi cyangwa uhanagure tapi kenshi (koresha akuma gahanagura ka HEPA).
- Shyira ibikoresho imbere y'igice cyo hasi gifashe idirishya gifite irangi rivunguka kugira ngo umwana atabigeraho.
- Niba utuye muri aparitoma, wituma abana bakinira mu kirongozi, ku ngazi cyangwa kw'ibaraza.

## 2 Oga umukungugu

Umukungugu muke wa lead ushobora gukwira mu nzu ku buryo bworoshye. Sukura kenshi ukoresheje imikoropesho itose n'ibitambaro byo guhanagura bishobora gufasha kugabanya ingano y'umukungugu wa lead bwa mu rugo rwawe.

- Sukura igihe cyo hasi gifashe idirishya, umuzenguruko w'idirishya n'imiryango n'ahandi hantu abana bakora.
- Sukura hasi rimwe buri cyumeru.
- Jya ku gice cya ba nyir'inzu kuri [maine.gov/healthyhomes](http://maine.gov/healthyhomes) ubone andi makuru.

## 3 Pima umwana wawe urebe ko hari lead buri mu maraso ye

Vugana na muganga wawe ku byerekeye ikizamini cya lead mu maraso y'umwana wawe.

- Maine isaba ko abana bapimwa ubumara bwa lead bafite umwaka 1 n'inyaka 2.
- Iyo ibipimo bya lead mu maraso y'umwana wawe bije biri hejuru, umwana wawe azakenera gukorerwa ibindi bizami bya lead kugira ngo hakorwe ku buryo lead iva mu mubiri we.
- Kora ku buryo ujya muri gahunda zose hamwe na muganga w'umwana wawe.
- Jya ku gice cya ba nyir'inzu kuri [maine.gov/healthyhomes](http://maine.gov/healthyhomes) ubone andi makuru.

## 4 Vana lead mu kanwa k'umwana wawe

- Karaba intoki mbere yo kurya no gusinzira.
- Sukura ibikinisho buri cyumeru.
- Ntugatume abana barya ibyo kurya cyangwa ngo bakoreshe uduhendabana byaguye hasi.
- Gaburira abana ku meza asukuye cyangwa mu ntebe ndende.

## Rinda umuryango wawe.

- Reba uru rubuga: [maine.gov/healthyhomes](http://maine.gov/healthyhomes)
- Hamagara usabe inama: **866-292-3474** • TTY: **Hamagara Nomero ihamagarwa n'abafite ubumuga muri Maine 711**

