

Ukusanswa na Sumu ya Mutofwe kuti Kwacingililwa Umupwilapo



Sambeni iminwe ya mwana wenu ilyo talalya ifyakulya ifikulu, ifyakulya ifinono, elyo nalintu talalala.



Wamyeni penti iyilekambatuka nangula iyiletotoboka.



Samfyeni ifyakwangasha, amabotolo, nefyakutalalikilako abana lyonse-lyonse.



Kolopeni no kupukuta incende sha kwangalilamo ukubomfya icikolopo icabomba.



Pekanyeni ifyakulya ifyakwatamo ayoni, kashamu, na Vitamini C.



Talukeni ku fintu ifyashitwa ku fyalo fimbi pamo nga kandi, ifyakwangasha, amafuta ya kusuba, ne miti ya mu ng'anda.



Mulebomfya amenshi ayatalala aya ku mupompi ku kunwa, ukwipikila, no kupekanya amabotolo.



Cingilileni Abana Benu ku Kusanswa na Sumu ya Mutofwe



Health and
Human Services
Public Health

Tandalileni ibuula Iya Childhood Lead Poisoning Prevention Program pa hhs.iowa.gov nangula mutume ku 1-800-972-2026 pakuti mwishibilepo nafimbi pa kucingilila abana benu kukusanswa na sumu ya mutofwe.



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Nicinshi Icilenga Ukusanswa na Sumu ya Mutofwe?



Abana kuti bakumana no mutofwe ngacakuti bekala nangula batandalila amayanda ayakulilwe ilyo umwaka wa 1978 taulafika. Kumbi ukwingafuma umutofwe kuti kwaba:

- ▶ Ifipe ifyakale
- ▶ Amagalasi ayalamba
- ▶ Ifyakuwamisha amayanda
- ▶ Imfungulo
- ▶ Ifyakulobelako isabi
- ▶ Kandi iyafuma ku fyalo fimb
- ▶ Ifyakuwamisha imyotoka
- ▶ Ifyakusansha mu munani



Imfungulo sha mukuba



Ifyakubumba-bumba



Penti ya mutofwe pa mawindo ayakale



Ifintu ifyakale

Fishibilo nshi Ifilangilila Ukusanswa na Sumu ya Mutofwe?



Abana abengi abasanswa na sumu ya mutofwe limbi tekuti bamoneke nga abalwele, lelo ifishibilo fimo nifi:

- ▶ Ukukalifiwa bwangu
- ▶ Ukushupikwa ukuposa amano ku filecitika
- ▶ Ukumfwa umuselu no kuluka
- ▶ Ukukalipa kwa mutwe
- ▶ Ukumfwa ukunaka ukucila lyonse
- ▶ Ukufulwa bwangu
- ▶ Ukushupikwa mu masambililo
- ▶ Ukondoloka
- ▶ Ukushingashinga ukukula
- ▶ Ukukokola ukukula



Cilafwaikwa ukutila abana bonse bapimwa ilyo bafisha imyeshi 12 na 24 kabili balingile ukulacecetwa ku busanso lyonse ilyo batwalwa ku cipatala.

Bushe ukupima kwa mutofwe mu mulopa kubomba shani?

Kwaba imisango ibili iya kupima kwa mutofwe mu mulopa: ukupima kwa mulopa wa kuminwe elyo no kwa mu mishipa iyikulu. Ukupima kwa **mulopa wa kumunwe** kupima umulopa uunonofye ukufuma ku munwe pakumona ngacakuti muli umutofwe, insebo shilabako panumafye ya mamineti ayanono. Ngacakuti ukupima kwa mulopa wa kumunwe kwalangisha ukutila umutofwe emo uli, ukupima kwa **mulopa wa mu mushipa**, ukufumya pa kuboko, kukashininkisha ubwingi bwa mutofwe mu mulopa.

Ubwingi bwa Mutofwe mu Mulopa wa Mwana Wenu

_____ nakwata umutofwe mu mulopa wakwe ukufika pa makilogilamu

_____ pali deciliter imo ($\mu\text{g}/\text{dL}$)

Ngacakuti ubwingi bwa mutofwe mu mulopa tabucilile pali $3.5 \mu\text{g}/\text{dL}$, tapali nangu cimo icilekabilwa ukucita. Mube abaibukila ku fintu ifingasangwa mu ncende yenu ifingaleta ubusanso bwa sumu ya mutofwe.

Ngacakuti ubwingi bwa mutofwe mu mulopa buli pakati ka $3.5-9 \mu\text{g}/\text{dL}$, ipusheni aba kucipatala pakuti bamyebeko ifingaleta sumu ya mutofwe pamo no bukankala bwa milile isuma no kusunga ing'anda iya busaka.

Ngacakuti ubwingi bwa mutofwe mu mulopa bwafika pali $10 \mu\text{g}/\text{dL}$ nangula ukucilapo, umwana wenu alingile ukucecetwa bwino. Moneni pesamba pakuti mwishibe inshita ishakupiminapo nakabili.

Insebo sha Mwana Wenu

| Insebo | Ubushiku bwa Kupima Umulopa wa mu Mushipa |
|----------------------|---|
| 10-14 | Mukati ka myeshi itatu |
| 15-19 | Mukati ka mweshi umo |
| 20-44 | Mukati ka mulungu umo |
| 45-69 | Mukati ka nsa 48 |
| 70 nangula ukucilapo | ILYOLINEFYE |

Umwana wenu alingile ukupimwa ilyo tacilafika pali ubu bushiku: _____