

## Uburozi bw'Ubutare Buririndwa 100%



Oza intoki z'umwana wawe mbere yo gufata amafunguro, ibyo kurya byoroheje na mbere yo kuryama.



Kosora ahari irangi ryatobaguritse cyangwa ryomotse.



Oza kenshi ibikinisho, amacupa, n'udukoresho abana bacomeka mu kanywa.



Koropa cyangwa ukoreshe udutambaro dutose usukura aho bakinira.



Bahe ibyo kurya bikungahaye ku butare, kalisiyumu, na Vitamini C.



Irinde ibisuguti, ibikinisho, amavuta yo kwisiga, n'imiti gakondo byatumijwe mu mahanga.



Koresha amazi akonje avuye muri robine mu kunywa, guteka, no gutekura amacupa.



## Rinda Abana Bawe Uburozi bw'Ubutare



Health and  
Human Services  
Public Health

*Sura urubuga rwa Childhood Lead Poisoning Prevention  
Program kuri [hhs.iowa.gov](https://hhs.iowa.gov) cyangwa uhamagare  
1-800-972-2026 kugira ngo umenye andi makuru  
arebana no kwirinda uburozi bw'ubutare mu bana.*



Health and  
Human Services  
Public Health

## Ni Iki Gitera Uburozi bw'Ubutare?



Abana bashobora gukora cyangwa guhumeka ubutare niba batuye cyangwa basura inzu zubatswe mbere ya 1978. Ibindi bintu bishobora gutera ubutare ni:

- ▶ Ibikoresho bya kera
- ▶ Imfunguzo
- ▶ Gusana imodoka
- ▶ Amadirishya y'ibirahure bifite amabara
- ▶ Ibikoresho byo kuroba amafi
- ▶ Ibirungo
- ▶ Gusana mu rugo
- ▶ Ibisuguti byatumijwe mu mahanga



Imfunguzo zikoze mu muringa



Ibikoresho by'ubugeni bikoze mu ibumba



Irangi ry'amadirishya rishaje



Ibikoresho bya kera

## Ni Ibihe Bimenyetso Bigaragaza Uburozi bw'Ubutare?



Abana benshi bafite uburozi bw'ubutare bashobora kutagaragara nk'abarwaye ariko bimwe mu bimenyetso birimo:

- ▶ Kwishimira Ikintu cyane mu buryo bworoshye
- ▶ Kugira ibibazo byo kwibanda ku kintu
- ▶ Kubabara mu nda no kuruka
- ▶ Kubabara umutwe
- ▶ Kumva ananiwe kurusha ibisanze
- ▶ Kugira uburakari bwinshi
- ▶ Kugira ibibazo byo kwiga
- ▶ Gutakaza ibiro
- ▶ Gukura buhoro
- ▶ Gutinda mu mikurire no mu myigire



Ni byiza ko abana bose basuzumwa ubutare bafite amezi 12 n'amezi 24, kandi bagasuzumwa buri gihe bagiye kwa muganga mu buryo busanzwe nta ndwara bafite.

## Amasuzuma y'Ubutare Buri mu Maraso Akorwa Ate?

Hari ubwoko bubiri bw'amasuzuma y'ubutare buri mu maraso: gufata amaraso mu rutoki no gufata amaraso mu mutsi w'ukuboko. **Isuzuma ryo gufata amaraso mu rutoki** rifata ingano nke cyane y'amaraso avuye mu rutoki kugira ngo hagenzurwe niba harimo ubutare. Ibisubizo biboneka mu minota mike. Iyo basanze harimo ubutare, bakora **isuzuma ryo gufata amaraso mu mutsi w'akaboko** kugira ngo bamenye neza urugero rw'ubutare buri mu maraso.

## Gusobanukirwa Ingano y'Ubutare buri mu Maraso y'Umwana Wawe

\_\_\_\_\_ afite urugero rw'ubutare mu maraso rungana na mikorogarama \_\_\_\_\_ kuri desilitiro (µg/dL)

**Niba Ikigero cy'Ubutare buri mu Maraso kiri Munki ya 3.5 µg/dL**, nta gikorwa gikenewe. Ite ku kumenya aho umwana yahurira n'ubutare mu bidukikije.

**Niba Ikigero cy'Ubutare buri mu Maraso kiri Hagati ya 3.5-9 µg/dL**, saba umuganga agufashe kumenya aho ubutare bushobora kuva kandi akubwire impamvu kurya indyo yuzuye no kugira isuku mu rugo ari ingenzi.

**Niba Ikigero cy'Ubutare buri mu Maraso Kingana na 10 µg/dL cyangwa kirenga**, umwana wawe akeneye ibindi bipimo no gukurikiranwa. Reba hasi kugira ngo umenye igihe azongera gukorerwa isuzuma.

## Ibisubizo by'Umwana Wawe

Ibisubizo	Itariki y'Isuzuma ryo Gufata Amaraso mu Mutsi w'Ukuboko
10-14	Mu mezi 3
15-19	Mu kwezi 1
20-44	Mu cyumweru 1
45-69	Mu masaha 48
70 cyangwa hejuru	AKO KANYA

Umwana wawe agomba gusuzumwa bitarenze iyi tariki:

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