

KA HORTAGA SUNTA MIRIRKA

Wixii warbixin dheeraad ah booqo <http://www.doh.wa.gov/lead> ama ka soo wac Washington Poison Center, caawinta qarsoodiga ah oo bilaash ah, oo ay la jiraan in ka badan 200 luuqado la heli karo: (800) 222-1222

Illaha Mirirka Imaan karo

MIRIRKA RIINJIGA



Ee guryaha la dhisay wixii ka horeeyay 1978: Jiinjiga jajibka ama fiiqma; busta riinjiga mirirka ku saleysan

WASAQDA



- Wasaqda u dhow eeraboorka, warshadaha, wadooyinka, beerta miraha
- Cunista wasaqda, dhagaxaanta, dhoobada

QURXINADA



- Budada indhaha surma, indha kuusha, ama budadada indhaha kohl waxay wadan kartaa mirirka

ALAABAHA GUNGA



- Alaabaha; dhariga dibada laga keenay
- Furayaasha, batariyada (tusaale ahaan oo korontooyinka ku jiro)
- Hibaayadaha (tusaale ahaan dhalada riinjiyeysan, sameynta culeysyada kaluumeysiga)

BOOMBALOYINKA



- Boombalooyinka riinjiyeysan
- Alaabaha birta duuga ah
- Dahabka isku jooga/raqiis

DAAWEYNADA DIRTA



Qaarkood waxaa lagu arkay inay wataan mirirka: greta, azarcon, paylooah, ghasard, bali goli, kandu, ba-bawsan, iyo daw tway

Sunta mirirka waxay si halis ah u waxyeeleyn kartaa caafimaadka carruurta.

Ilaali Carruurtaada

Nadiifinta

Tallaabooyin sahlan ee nadiifinta gurigaaga ah waxay ku caawin kartaa carruurtaada badbaado.

BUSTA KA ILAALI



- Ku haay kabaha albaab ka
- Badel dharka haddii ay kaa gaartay mirir shaqada

DHAG



- Gacmahaaga dhaq, boombalooyinka inta badan
- Isticmaal saabuun iyo biyo

NADIIFINTA QOYAANKA



- Isticmaal biyo, dharka qoyan, istiraashooyinka qoyan, nadiifiyaha biyaha
- Haddii aad awoodid, ku bus kici bus kiciyaha fiiltarka HEPA

Nafaqada

Cuntada caafimaadlen waxay ku caawin kartaa ka illaalinta canurtada waxyeelada haliska ee mirirka keeno.



BIRTA



KIIMIKADA



FITAMIIN C

TUSAALOYINKA
Digaaga, hilibka, kaluunka, ukumaha, digirta, misirta, caleenta cagaarka ah, miraha, caanaha, jiiska, yooadka

- Ku celi baaritaanka dhiigga 3-6 bilood laga bilaabo baaritaanka ugu horeya ee DHAMMAAN carruurta qaxootiga ee dhowaan timid.
- Raadi illaha mirirka ee guriga, daryeelka carruurta, dugsiga, ama shaqada.
- Kala hadal dhaqtarkaaga wax ku saabsan baaritaanka mirirka dhiiga haddii aad leedahay carruur yaryar ama aad uur tahay.