

Sheria ya jimbo inataka kwamba watoto wote wa Vermont wapimwe sumu ya risasi wakiwa na umri wa mwaka 1 na kisha wakiwa na umri wa miaka 2

Hakuna kiwango salama cha sumu ya risasi mwilini. Mtoto anaweza kuathiriwa na sumu ya risasi na bado akaonekana mwenye afya. Sumu ya risasi inaweza kudhuru ukuaji, tabia na uwezo wa kujifunza wa mtoto. Njia pekee ya kujua ikiwa mtoto wako amethiriwa na sumu ya risasi ni kupitia kipimo cha damu.

Kwa kawaida watoto hupimwa kwa mara ya kwanza kwa kipimo cha kapilari – kiasi kidogo cha damu huchukuliwa kutoka kwenye kidole, kisigino au kidole mguuni – katika ziara zao za ustawi wa mtoto za umri wa mwaka 1 na 2.

Iwapo sumu ya risasi itagunduliwa kuwepo katika damu ya mtoto wako, huenda akahitaji kufuatiliwa au matokeo yakahitaji kuchunguzwa tena kwa kipimo cha vena. Kipimo hiki kinatumia damu kutoka kwenye mshipa wa damu (mara nyingi kwenye mkono). Matokeo ya kipimo cha vena ni sahihi zaidi.

Unaweza kufanya nini?

- Kumpeleka mtoto wako akapimwe sumu ya risasi ni hatua ya kwanza. Ulifanya hivi!
- Ratibu kipimo cha vena ikiwa kiwango cha sumu ya risasi cha mtoto wako ni 3.5 µg/dL (mikrogramu kwa desilita) au zaidi.
- Haijalishi kiwango cha sumu ya risasi katika damu ya mtoto wako ni kipi, jifunze jinsi ya kumlinda mtoto wako dhidi ya kukabiliwa na sumu ya risasi. Tembelea healthvermont.gov/lead au piga simu Healthy Homes Lead Prevention Programme kupitia namba 802-863-7220 au 800-439-8550.

Matokeo ya Kipimo cha Kapilari cha Sumu ya Risasi kwenye Damu	Wakati gani unapaswa kuthibitisha kwa kipimo cha damu cha vena	
Hakuna sumu ya risasi iliyogunduliwa (DL)	Hakuna Uthibitisho unaohitajika. Hakuna sumu ya risasi iliyogunduliwa katika damu ya mtoto wako.	
DL hadi 3.4 µg/dL	Fuatilia kwa muda wa miezi 6 ijayo kwa kufanyiwa kipimo kingine. Kuna kiwango kidogo sana cha sumu ya risasi katika damu ya mtoto wako. Kagua vyanzo vya sumu ya risasi ili kuzuia kiwango cha risasi cha mtoto wako kisiongezeke.	
3.5 hadi 9 µg/dL	Mwezi 1 hadi miezi 3. Ikithibitishwa, mtoto wako ana kiwango cha juu cha sumu ya risasi kuliko watoto wengi. Chukua hatua za kupunguza vyanzo vya sumu ya risasi. Idara ya Afya itawasiliana nawe ili kukusaidia kutambua vyanzo vya sumu ya risasi.	
10 hadi 44 µg/dL	Wiki 2 hadi mwezi 1. Ikithibitishwa, kiwango cha sumu ya risasi cha mtoto wako kiko juu. Wewe na daktari wako mnapaswa kuchukua hatua haraka ili kupunguza vyanzo vya sumu ya risasi na kujadili lishe, ukuaji na maendeleo ya mtoto wako. Idara ya Afya inaweza kutembelea nyumba yako ili kukusaidia kutambua mahali ambapo sumu ya risasi inaweza kuwa inatokea.	
45 hadi 59 µg/dL	Saa 48	Ikithibitishwa, mtoto wako atahitaji matibabu mara moja. Wasiliana na daktari wako na upunguze vyanzo vya sumu ya risasi mara moja.
60 µg/dL na zaidi	Mara moja	Idara ya Afya inaweza kutembelea nyumba yako ili kukusaidia kutambua mahali ambapo sumu ya risasi inaweza kuwa inatokea.
Kadiri matokeo ya kipimo cha kapilari yalivyo juu, ndivyo hitaji linakuwa la haraka zaidi kuthibitisha kwa kutumia kipimo cha vena.		
Matokeo ya kipimo cha mtoto wako ni _____ µg/dL Tarehe _____		

Katika Vermont, sumu nyingi ya risasi hutokana na kumeza vumbi lisiloonekana la sumu ya risasi linalotokana na rangi iliyobambuka na kumenyeka. Vumbi hushikamana na vidole na vitu ambavyo watoto huweka vinywani mwao. Nyumba zilizojengwa kabla ya mwaka 1978 zinaweza kuwa na rangi yenye sumu ya risasi. Unachoweza kufanya kuzuia sumu ya risasi:

Tengeneza



- Angalia ikiwa kuna rangi ambayo imebambuka, kumenyeka, kupasuka au kuchezewa.
- Weka vijazio vya dirisha ya sehemu ya chini ya ardhi ya nyumba ili kuwa na sehemu laini ya kusafisha.
- Tumia mbinu za kazi zinazozingatia usalama wa sumu ya risasi – kama vile kutumia msasa wenye maji kwa ulainishaji na kulowesha rangi iliyobambuka unapoiondoa.

Safisha



- Tumia kifyonza vumbi chenye kichujio cha HEPA tu, na ufyonze vumbi taratibu.
- Lowesha sakafu unapoisafisha na utumie taalo zenye unyevunyevu zinazotumika mara moja kwenye madirisha na sehemu za juu.
- Acha viatu mlangoni ili kuepuka kuingiza udongo ambao una sumu ya risasi.
- Osha vifaa vya kuchezea vya watoto mara kwa mara ili kuondoa vumbi lisiloonekana la sumu ya risasi.

Kula chakula chenye afya



- Wape watoto matunda, mboga mboga na bidhaa za maziwa, pamoja na vyakula vyenye madini ya chuma.
- Panda mboga mboga na bustani nyingine za chakula kwenye udongo usio na sumu ya risasi.
- Osha mikono ya watoto mara kwa mara, haswa kabla ya milo, kulala mchana na kulala usiku.
- Weka vitafunio na milo ya watoto kwenye meza au kwenye viti vyao vya juu.

Jihadhari na vyanzo vingine vya sumu ya risasi

Sumu ya risasi inaweza pia kupatikana katika udongo, maji, na vifaa, kama vile funguo, vifaa vya kuchezea na vitu vikuukuu.



- Pima maji yako ya kunywa kubaini kama yana sumu ya risasi. Pata maelezo zaidi: healthvermont.gov/water/lead
- Fungulia maji hadi yawe baridi unapoyatumia kupikia, kunywa na kutengeneza maziwa ya unga ya mtoto.
- Wazuie watoto kucheza kwenye udongo tupu karibu na barabara na nyumba kuukuu.
- Usiruhusu watoto wachezee funguo za metali.
- Usihifadhi chakula kwenye makopo ya wazi au vyombo vya udongo.
- Wazuie watoto kufanya shughuli fulani za kujifurahisha, kama vile kutengeneza risasi au vioo vya rangi.
- Fahamu bidhaa ambazo zimetakiwa kurejeshwa kwa mtengenezaji na Tume ya Usalama wa Bidhaa kwa Watumiaji (www.cpsc.gov).

State law requires that all Vermont children are tested for lead at age 1 and again at age 2

There is no safe level of lead in the body. A child can be hurt by lead and still look healthy. Lead can harm a child's growth, behavior, and ability to learn. The only way to find out if your child has been exposed to lead is with a blood test.

Children are usually first tested with a capillary test – a small amount of blood taken from a finger, heel or toe – at their 1- and 2-year-old well child visits.

If lead is detected in your child's blood, they may need to be monitored or the result may need to be checked again with a venous test. This test uses blood from a vein (often in the arm). The venous test result is more accurate.

What can you do?

- Getting your child tested for lead is the first step. You did this!
- Schedule a venous test if your child's level is 3.5 µg/dL (micrograms per deciliter) or higher.
- No matter what your child's blood lead level is, learn how to protect your child from being exposed to lead. Visit healthvermont.gov/lead or call the Healthy Homes Lead Poisoning Prevention Program at 802-863-7220 or 800-439-8550.

Capillary Blood Lead Result	When to confirm with a venous blood test	
No detected lead (DL)	No Confirmation needed. There is no detected lead in your child's blood.	
DL – 3.4 µg/dL	Monitor over the next 6 months with another test. There is very little lead in your child's blood. Review sources of lead to keep your child's lead level from rising.	
3.5 – 9 µg/dL	1 month to 3 months. If confirmed, your child has more lead than most children. Take steps to reduce sources of lead. The Health Department will contact you to help you find sources of lead.	
10 – 44 µg/dL	2 weeks to 1 month. If confirmed, your child's lead level is high. You and your doctor should act quickly to reduce sources of lead and discuss your child's diet, growth and development. The Health Department can visit your home to help you find where lead may be coming from.	
45 – 59 µg/dL	48 hours	If confirmed, your child will need medical treatment right away. Consult with your doctor and reduce lead sources immediately. The Health Department can visit your home to help you find where lead may be coming from.
60+ µg/dL	Immediately	
The higher the capillary test result, the more urgent the need to confirm with a venous test.		
Your child's test result _____ µg/dL Date _____		

How to Protect Your Child From Lead

In Vermont, most lead poisoning comes from swallowing invisible lead dust that comes from peeling and chipping paint. The dust clings to fingers and objects that children put in their mouths. Houses built before 1978 likely have lead paint. Here's what you can do prevent lead poisoning:



Maintain

- Check for chipping, peeling, cracked or disturbed paint.
- Install window well inserts to provide a smooth cleaning surface.
- Use lead-safe work practices – such as wet sanding and wet scraping.



Clean

- Use only a vacuum with a HEPA filter, and vacuum slowly.
- Wet mop floors and use wet disposable towels on windowsills and surfaces.
- Leave shoes at the door to avoid tracking in soil that contains lead.
- Wash children's toys often to remove invisible lead dust.



Eat healthy

- Serve children fruits, vegetables and dairy products, as well as iron-rich foods.
- Plant vegetable and other food gardens in lead-free soil.
- Wash children's hands often, especially before meals, naps and bedtime.
- Serve snacks and meals to children at the table or in their highchairs.

Watch out for other sources of lead

Lead can also be found in soil, water, and products, such as keys, toys, and antiques.



- Have your drinking water tested for lead. Learn more: healthvermont.gov/water/lead
- Run water until cold for cooking, drinking and making formula.
- Keep children from playing in bare soil near roadways and older houses.
- Do not let children play with metal keys.
- Do not store food in open cans or pottery.
- Keep children away from certain hobbies, like making bullets or stained glass.
- Be aware of products that have been recalled by the Consumer Product Safety Commission (www.cpsc.gov).