

Kaga ilaali carruurta leedh cunto caafimaad leh

Leedh waxay si sahlan u geli kartaa dhiiga iyo lafaha ilmahaaga. Cuntooyinka caafimaadka leh waxay siin karaan ilmahaaga nafaqooyinka ay u baahanyihiin si ay uga caawiso ka hortagga in leedh gasho dhiigooga iyo lafahooga: Ka caawi ilmahaaga cunista cuntooyinka ah:

- Khudaarta cagaaran
- Khudaarta iyo midhaha midabka leh
- Caanaha iyo cuntooyinka kale calcium ku badantahay sida burcadka iyo caano-fadhiga
- Midhaha, misirka, digirta, kalluunka, digaaga, iyo hilibka cas



Macluamad inta ka badan: www.health.state.mn.us/lead

Nagala soo xidhiidh halkan: 651-201-4620

Somali 7/2020

mn
DEPARTMENT
OF HEALTH

Cun cuntooyinka dheelitiran si joogto ah maalinta dhan

Caano



Miraha



Midho



Khudaarta



Borotiin



Nafaqo badan iyo macluumaadka MyPlate halkan:
www.myplate.gov



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