

Indha Kuusu Waxay Sumayn Kartaa Ilmahaaga

“Gabadhayda waxaa ay ku sumawday indha kuusha Waan garan karaynay inay xanuunsanaysay. Dhakhtar ayaa ka baadhay dhiigeeda lead. Waxaan moodayay in indha kuushu ay caafimaadka aanay waxba yeeleynin maadaama oo ay dabiici tahay. Iminka waan ogahay inay lead uu leeyahay, taas oo caruurta waxyeesha.” – Hooyo Qaxooti ah

Caruur marsan indho kuul indhaha



Lead-ku Waa Sun

- Badanaa indha kuusha laga keeno Eeshiya, Afrika, iyo Bariga Dhexe waxa ay leedahay lead. Kuwaas oo mudo dheer isticmaalayay indha kuusha. Waxaan ognahay inuu khatar yahay.
- Caruur badan oo ku nool Maraykanka ayaa laga baadhay waxaana laga heley lead aad u badan kaas oo ay ka qaadeen indha kuusha. Indha kuusha waxaa sidoo kale loo yaqaanaa “kwallu” “tiro” “surma,” “kohl,” “gajal,” “kahal,” ama “al-kahal.”
- Lead-ku waxa uu waxyeeli karaa maskaxda waxaana ilmaha ku adkaanaysa **waxbarashada, inuu wax usoo jeedsado, iyo habdhaqanka.**

Lead-ku waxa uu geli karaa indhaha iyo afka oo waxa uu sumayn karaa caruurta

Ha Isticmaalin

Ha isticmaali waxyaabaha indha kuusha ah sidan oo kale. Waxaa dhici karta inay leeyihiin lead aad u badan.



Isticmaal Waxyaabo Ka Badbaado Badan

Isticmaal alaabka laga keeno Maraykanka ama Yurub sida “Kajal” oo ay sameeya Maybelline iyo “Infallible” oo ay samayso L’Oréal.



Iska baadh

- Dhakhtarkaaga ka dalbo inuu ku sameeyo shay-baadhka lead ilmahaaga.
- Inaad iska baadho lead-ku waa qaabka kaliya ee loo ogaanayo hadii uu qofku ku sumoobay.

Wixii macluumaad dheeraad ah

Kasoo Hadal (866) 827-3478 ama limeel u dir: pehsu@ucsf.edu
Western States Pediatric Environmental Health Specialty Unit (WSPEHSU)

Tozali Can Poison Children

“My daughter was poisoned by tozali We couldn’t even tell she was sick. A doctor tested her blood for lead. I thought tozali was healthy because it is natural. Now I know it has lead, which hurts children.” - Refugee Mother

Lead is a Poison

- Most tozali that is from Asia, Africa, and the Middle East has lead. People have used tozali for a long time. Now we know it is dangerous.
- Many children across the United States have tested high for lead from using tozali. Tozali is also called “kwali,” “tiro,” “surma,” “kohl,” “kajal,” “gajal,” “kahal,” or “al-kahal.”
- Lead can poison the brain and make it hard for children to **learn, pay attention, and behave.**

Child with tozali around eyes



Lead can get into the eyes and mouth and poison children

Do Not Use

Do not use tozali products like these. They may have high amounts of lead in them.



Use Safer Products

Use products from the USA or Europe such as “Kajal” by Maybelline and “Infallible” by L’Oréal.



Get a lead test

- Ask your doctor for a lead test for your child.
- Getting a lead test is the only way to know if someone has lead poisoning.

For more information

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