Ganira na muganga wawe ku kizamini cy'ubutare bwa plomb niba...

- ukoresha ibirungo byatumijwe hanze n'ubuvuzi gakondo bw'Abahinde
- hashize igihe gito ugeze muri Leta Zunze Ubumwe z'Amerika uvuye mu gihugu cy'amahanga
- cyangwa umuntu mubana akaba akora ahantu haboneka ubutare bwa plomb
- Inzu yasanwe cyangwa yahinduriwe imiterere yubatswe mbere y' 1978; iteye umucanga n'amarangi yashishutse
- menya ko amazi unywa arimo ubutare bwa plomb
- waba ujya wumva ushaka kurya itaka, ingwa, ibikoresho bikoze mu ibumba, igishahuro, cyangwa ahantu irangi ryomotse
- waba ukunda gukora imirimo yo kuruhuka ishobora gutuma ugira ibyago byo guhura n'ubutare bwa plomb, nko kurasa ku gipimo, gutera utwuma tumanura indobani mu mazi cyangwa amasasu, gukora amadirishya abonerana atatse cyangwa mu ibumba
- utuye hafi y'ibirombe by'ubutare bwa plomb, ibyuma bicukura amabuye y'agaciro, inganda zihindura batiri zishaje zikongera gukoreshwa cyangwa ibindi bigo bikoresha ubutare bwa plomb
- bizwiho kuba bifite ibipimo by'ubutare bwa plomb bingana na mikorogarama 5 kuri desilitiro cyangwa kurenza

Ufite ibibazo?
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Uratwite?

Inama zagufasha kurinda umwana wawe ukivuka ubutare bwa plomb

Icyo ugomba kumenya:

Ubutare bwa plomb ni ubutare bushobora kwangiza abagore batwite n'umwana batwite. Bushobora kwangiza ubwonko, impyiko, imyakura n'ibindi bice by'umubiri. Bushobora gutuma inda ivamo, kubyara umwana upfuye cyangwa ingorane mu gutwita. Ubutare bwa plomb bushobroa kugira ingaruka ku myitwarire y'abana ndetse bukanatuma kwiga bibagora.

Ubutare bwa plomb bushobora kwibika mu mubiri w'umugore igihe kirekire, hanyuma umubyeyi nawe akabuhererekanya n'umwana atwite.

Igikoresho gishobora kuba kirimo ubutare bwa plomb, nubwo kitaba cyashyizwe ku rutonde rw'ibirungo.

Abagore bamwe batwite bakunda kumva bashaka kurya ibintu bitari ibiribwa. Iyi myitwarire yitwa pika.

Icyo wakora:

Uramutse utwite cyangwa uri guteganya gutwita, saba muganga wawe kugukorera ikizamini cyo kureba niba nta butare bwa plomb bukurimo.

Niba warigeze gukorerwa ikizamini cyo kureba ko nta butare bwa plomb buri mu maraso yawe maze ibisubizo by'ikizamini bikagaragaza ko harimo mikorogaramu 5 cyangwa zirenze, umwana umaze kubyara agomba gukorerwa ikizamini mbere yo kuva mu bitaro.

Nesha ikigeragezo cyo gushaka kurya ibintu bitari ibiribwa. Ibi bintu bishobora kuba birimo ubutare bwa plomb:

Ingwa

Itaka

Igikoresho kibumbye

Irinde ibicuruzwa byatumijwe mu mu Burasirazuba bwo hagati, Amerika y'Epfo, Aziya y'Epfo, n'Ubushinwa bishobora kuba birimo ubutare bwa plomb:

Ibirungo, birimo turmeric.

Amoko atandukanye ya za **bombo.**

Amavuta bisiga, harimo ayitwa Yisaoguang Yaogua, Hondan na Thanaka.

Ibikoresho byo gusukura umubiri nka Kohl (izwi kandi ku izina rya surma cyangwa kajal).

Ububumbyi bwifashisha ubutare bwa plomb. Ntugakoreshe bene ibi bikoresho mu gutegura ibyo kurya cyangwa kubitanga.

Imirimbo, harimo ibisize zahabu cyangwa ifeza.

Ubuvuzi bukoresha imiti **gakondo** y'Ababinde.

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(Ishami ry'ubuzima ry'Umujyi wa New York City)