



Kapawngkam ih ripot mi zohnak



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Naphipawl khulrangin zohnak

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Na inn pawngkam thil umtuning theihchin nak ding caah IUPUI he nan ttuanttinak cungah kannilawm. Na thilri ahipawl atawinak in chimmi atanglei ah langhter ansi. Vandum zawng in rituahmi nih suan atlawmtimi alanghter, aihre zawng in rituahmi nih suan aumdeuh timi alanghter, theithu zawng asiloah asen minih suan umnak asang timi alanghter, cun apawl minih amah bantuk phun tahchunh zohawk atuahliao timi alanghter, asiloah na thilri he zeihmanh ap asilo.

Vawlei

Zohchun awkpawl navawilei ah suan sannak anumlo.

Leidip

Zohchun awkpawl na leidip ah suan sannak anumlo.

Tinbawsi

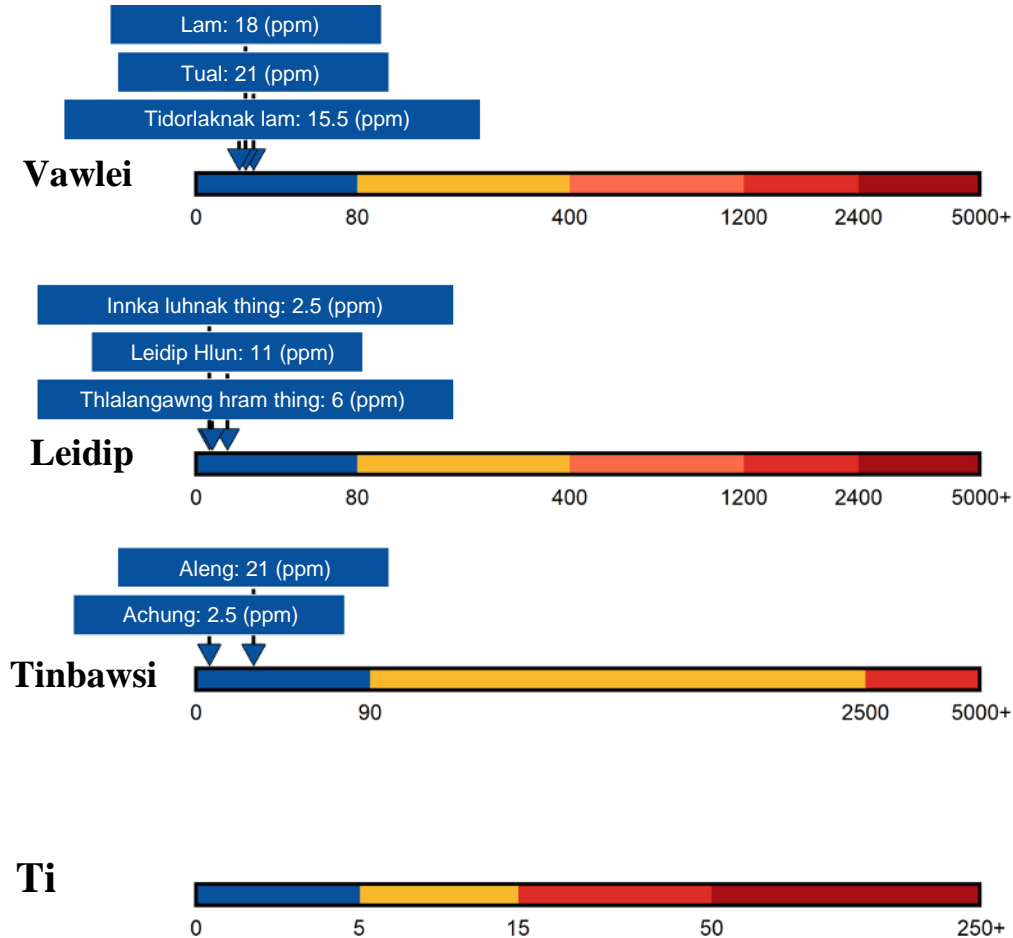
Zohchun awkpawl na tinbawsi ah suantelmi tinbawsi ansilo.

Ti

Zohchun awkpawl nati cu zohliao asi.

Anekcokin aphichuakmipawl

Zohchun awk ca na apmi pawl ah suan aatelnak anecccok in zohnak kha atanglei i thilzawng-nambat bawmpawl cung i atlangchung cio ah langhter ansi. Atlangpiin, vandumzawng nih sikhawhnak aniammi alanghter, aihre nih azaatawk mi sikhawhnak alanghter, cun theithuzawng asiloah asen minih asikhawhnak asan nak alanghter.



CHINGCHIAHDING: Na leidip hnawhnak le/asiloah ti rawnnak ahipawl kha naleidip tamdeuhmi le ti zohchunawk aphichuakmi theihkhawh in aadan ahcun, mah aphichuakmipawl ah suan aatelnak asang tiah thatein na zoh lai, naa ralringlai.

Lead (suan) timicu zeidah asi?

Lead (Suan) (Pb)

Minung pawl nih tithurmi ruangah suan langhnak anni ruahfonh tawn; asinain, vawleicung minung tampi caah, suan langhnak alanghnakbik lam cu leidip in asi. Inn ah ummi leidip ah hmuhmi suan cu aratnak tampi in asi, mahcu innchung le innleng in asi. Suan hi tuahchomloin pawngkam in tlawmte in aum. Asinain, ges i suansitermi ges, suan-hrambunh tinbawsi, lotuahnak zuva tipawl thahnak pawl, le sehin thilsernak thurhnawm mi pawl dihlak ah vawlei ah suan umnak asangdeuh chin, ahleiin khuapichung pawngkam ah asang.

Khuapichung inn vialte nih an vawlei/leidip ah suan umnak asanglo, asinain khuapi ah naumcun, umkhawhnak asang timi ralrin le na vawlei/leidip tthet tuahnak hi aherhmi sittep pakhatnak asi. Khuate innpawl nih suan- thurhnawmhter mi vawlei le leidip anei kho tthiamve. Tahchunhnakah, na inn kha 1978 hlanah sakmi asicun, innchung le innleng ah suan- hrambunhmi tinbawsi aatel khomen. Cupinah, khuapi le khuapileng deuh ah aummi ahlanah lothlawh/tuahnak ah hmanmi innpawl, ahleiin thingthei cinnak dumpawl, nih suan- hrambunhmi zuva tehna thahnak sii in vawlei kha thurhnawmhter mi asi khomen.

Suan hi leidip in dawptik ah asiloah ti ah aum tikah sivai aummi he aakhat. Ruhpawl ah akarhchin cun thisen in chunglei thilri pawl ah, thluak telin, thahri rianttuannak ah sivai bantukin rian aatuan. U.S Agency i Toxic Substance le Disease Registry nih aruahmicu sivai atammi suan, dinmi (tii) asiloah pumpak in dawpmi (leidip) caah cohlan khawhlomi ah cazin chiahmi Minimal Risk Level (MRL) asi. Suan-hrambunhmi tinbawsi cu athlum caah ahleiin hngakchia caah tti anung. Suan-hrambunh mi tinbawsi akum arauhchin le akok tikah, athlum caah hngakchia pawl kha eiduhnak angeihter khawh. Suan tlawmpalte hngakchiat deuh lioah eisualnak hmanhnih nunchung IQ (fimthiamnak) ttumnak achuahpikhawh, lungpek khawhnak attumter, lungtthawnnak uknak atlawmter, cun minungpawl he ikawmh duhnak ziaza akarhterkhawh. Hngakchiat lio ah suan sivai angah mi minung pawl nih annun chungah chawva tlawmdeuh lawng anngah cun anmah hawihe nakin anmahtelawngin umduhnak/ikhumhduhnak umding atam.

Pawngkam athurhnawm tertu suan kong tlingdeuhin theihchinnak dingah kawlnakding:
[ATSDR Toxic Substance Report for Lead \(https://bit.ly/cdc-lead-toxic-substances\)](https://bit.ly/cdc-lead-toxic-substances)

Na inn pawngkam ah suan he itonghnak atlawmnak ding duhpiaknakpawl tamdeuh kha narel rihlai.

Suan he Umnak

Mahhi suan kong zohnak ah iitelnakin, suan in thurhnawmhna ah himtein umkhawhna ding karhlan pakhatnak nangah. Atangah, na inn ahsuan he itonghna tlawmna ding ca duhpiaknakpawl nahmuhlai. Atangah chimmi dihlakin nazulhkhawhlo hmanhah, ithlennak pakhat cio tuahminih suan he itonghna atlawmter lai.

Vawlei

- **Nakut nattawllai:** innlengah rianttuan dih asiloah lentecelh dih hnu, cun hngakchia awl kha cubantuk tuahding ah na chimhlai.
- **Thilcinnak cun hramh chiahnak:** Natual kha tuangphah hring bantuk asi ahau lo asiloah hramh-umlonak asizong ahaul. Tinhmicu leidip umlo dingin vawlei kha hramhtang chiahdng kha asi. Hramh nih minung asiloah innzuat sattil le atangah aummi vawlei karlak khamnak atuahi, vawlei kha aciinter, cun vawlei kha anmah anumnak dingah aumter, vawlei thurhnawmhna umkhomi asannak attumter.
- **Aalongmi vawlei khuhnak:** Vawlei amahlawng aummi ah hmunhnawm ponhnawh mi pante nachiahlai. Hmunhnawm ponhnawhmi, catlap tthawngmi, lungtekep, le thingkungpawl hi vawlei ciinternak ah le leidip tuahu-vawlei tlawmternak ah antha.
- **Tipeknak le hmunhnawm ponnak:** Hmunhnawm pawnnak le hramh tipeknak kha leidip aum lo nak ding ah aro caan ah natuahlai.
- **Build raised beds (Asangdeuhmi thilcinnakpawl sernak):** Dumtuahmi nasi i cun na vawlei ah suan umnak ding million (ppm) khat ah 80 nakin asancun, thilcinnak ding sangdeuhin tuahmikka duhpiak nasi i cun athiangmi vawlei le tisik anhnah, thingthei, le anhringpawl tthannak ding ah vawlei tthami natuahlai.
- **Hngakchia lentecelhnak hmunpawl sangdeuhin tuahnak:** Vawlei suan umnak kha 80 ppm nak in asan cun lentecelhnak hmunpawl kha sangdeuh dingin thingpel nemtete in tuahmi khan nakhahter lai.
- **Arawnmilung lampawl tuahnak:** Umtamnak hmunpawl ah leidip kalnak/umnak atlawmna dingah, lung lam natuahlai.
- **Hmulpawl nahnawhlai:** We Kan sattil pawl hi kandawthna, asinain na uico asiloah innchung/innleng ah ummi chizawh nih innlengah ummi leidip zaimawzat kha an luhpi khawh. Na zuatmi sattil innleng chuakmi anumcun, an hmul ah hmunthur le leidip kha ahleiin naaralring lai. Zangfahnak in na inn ah thurhnawmhna azawr chin nak dingah athian khawhchungin chiah naazuamlai.

Dust (Leidip)

- **Na kedan naphoihlai:** Na inn narak ttintikah innchung luhhlanah na kedan naphoihlai.
- **Nakut nattawllai:** Innlengah rianttuannak asiloah lentecelh dihhnu ah, nakutpawl nattawl lai cun hngakchia pawl zong natuahter hna lai.
- **Aciinmi puanin nathianhlai:** Aro in thianhnak phun le leidip hnawhnak, tahchunhnakah, ar/va hmul hmanna, nih leidip alohter khawhko. Mahtisiloin, aciinmi puan hmanding asi. Cupinah, zeltuanga thianhnak ah aciinmi la in sermi hnawh/thianhnak kha aromi la in sermi hnawhnak he nahmankha duhpiak asideuh.
- **HEPA rawnmi in hmunthur dawpnak:** Asikhawhcun, amahten atlingmi-asangmi thli ummi (HEPA) rawnmi hmunthur dawpnak in tuangphah pawl dawpding asi. Mahnihcun standard dawpnak phun nak in adawpkhawh lai.
- **Athurhnawmmi thilpuan adangten chiahnak:** Na vawlei ah, thurhnawmhnak umnak asang asicun, rianttuannak in asiloah alenglei lentecelh nak in naluh tikah nathlen lai cun thilpuan nasuklai. Na rianah, suan he natongh ahcun, narian in natin tikah nathlen lai cun na suk lai.
- **Hngakchia he aatlakin thianhnak:** Hngakchia pawl hi upa nak in vawleicung hmuhnak dangkha, biafanginmaw muithlam inmaw tiah anngai! Nangcu na inn thalangawngka pawl atu le tu natawng men lailo asiloah zeltuanga lentecelhnak nangei men lailonain, nafa nih cun anngai maw? Thianhtikah, hngakchia deuh fa nangeih cun, aniamdeuhnak hmunpawl an tongh lengmangnak hmun pawl kha ahleiin na thianh ahau.

Tinbawsi thuhnak

- **Suantelmi tinbawsi khuhding:** Suan aatelmi tinbawsi hi ttatein zohkhenhlo tik le an kok tikah tti anunik caan asi. Vawlei sawhsawh ah hramh cin bantukin, suantelmi tinbawsi hlun kha athar in khuhnak, suan-umlo tinbawsi nih nangmah le suan ttihunnak karlakkha nacung aphaknak tlawmternak tuahlioah khamtu ah aser.
- **Atharin tuahtthannak ttuanvo:** Inn hlundeuhmi nangeihcun, innca pakhatkhat natuahtikah, thetse chiahnak tibantuk ah, suan telmi tinbawsi anum sualmaw timi ralrin taktak ahau. Nangmahten tuahtikah EPA lamhruainak bantukin zulhdng asi: **DIY suan tuahtthannak himnak ca EPA lamhruainak ca** (<https://bit.ly/epa-diy-rrp>).
- **Tinbawsi khawh/hlonh kha mithiam rianah nachiahlai:** Sivaileidip tampi chuahloin suan telmi tinbawsi khawh/hlonh hi ahar. Suan-himnak sertthan nak thiammi mithiampawl hlan dingkha ruahawk asi. Link pekmikha theihpimi suan khawknak ah ttuanvolatu kawl nak dingah na zohlai. **Certified Lead Removal Contractors (Theihpimi Suan Khawh/hlonhnak Khawntrek latupawl)** (<https://bit.ly/epa-certifiedcontractors>).

Ti

- **Tithianternak/zetnak nahmanlai:** Tipep ah bunhmi aman faklomi tizetnakpawl kha ngahkhawh asi. Asinain mah tizetnak kha suan thianhnakdingah National Science Foundation (NSF) ih theihhngalhpimi asi ahau. Asertu nih thlenning anchimbantukin natuah ding kha duhpiak asi.
- **Ti naluanterlai:** Suan hi pep ah tihmanlotikah, zankhuadei in antaang kho, mahnihcun zingka ahmasabik tiluangmi ah suanumnak achuahpi. Mah tiin umnak azawrnakdingah zingka ah tipep kha khawfi serhlan, naha ttuauhlan, asiloah tidin hlanah minit pa 2 hrawng naluanter hmasat lai.

Bawmh halding

Marion County (Peng)

Na inn kha suanumnak asi i cun hngakchia deuhmi fa/hngakchia nangmah he ummi nangei asiloah an leng zungzalmi anum ahcun, na fa le kha zangfahnakin tthetnak nantuah colhlai. Marion County Public Health Department (MCPHD) kha (317) 221-2155 ah napehtlaih hnalai cun thisen tthetnak ding nahal lai.

Na inn kha tuahtthan herhmi asicun, MCPHD nih herhning le nahal caan ah anngaihmi cung ah zohin, aherhmipawl angei khomen. MCPHD kha (317) 221-2155 ah napehtlaihlai.

Marion County Lengliah

Tlingdeuhin theihnakh dingcaah na peng ngandamnak zungah nahallai.

Additional Resources (Ngahkhawhmi Dangpawl)

The Lead Protection Program (Suanin Huhphenhnak Program): Indiana ah ummi ngahkhodingah atlingmi innngeimipawl, innhlangpawl, le hlanmi inn angeitupawl nih hi manpek haulo mi program hi anngahkhawh. Suan tthingung remhnak rianah aatelmi pawl cu thlang awngkapawl, innkapawl, tinbawsi thuhnakpawl, le ahleii thianhnak pawl ansi. Na umnak innkha nangeihmi asiloah nahlanmi asizongah natel kho ve [Hika PDF i sawknakca hi dawnglawt natuah khawh e\(https://bit.ly/PbPPP-IN\)](https://bit.ly/PbPPP-IN).

Tlingdeuhin theihnakh dingcaah, asiloah adang science project pawl bu in tuahmi ah telve nak ding caah, hika [Map My Environment \(https://www.mapmyenvironment.com\)](https://www.mapmyenvironment.com) ah nazoh/lengliah. Biahalduhmi nangeihcun, zangfahnakh in atmapmyenvironment@gmail.com ah dairek in nakan pehtlaihlai, asiloah kan program manager kha mah hi project IUPUI i ummi aherrman@iupui.edu. ah napehtlaihlai.