

# DIGNIIN: INDHA KUUSHA WAXA KUJIRI KARA 'LEAD'

## 'LEAD'KA KUJIRA INDHA KUUSHA

Budada madow ee indhaha lagu kuusho ee loo yaqaan **indhaha kuul, kajal, surma, sormeh, athmad ama ithmid waxa kujiri kara 'lead'** — oo ah bir sun ah oo dadka waxyeello gaarsiin karta haddii ay jirkooda gasho.



## AYAA HALIS UGU JIRA?

Carruurta yaryar iyo haweenka **uurka leh** ayaa halista ugu badan ugu jira sumawga 'lead' sababtoo ah wuxuu dhaawici karaa koboca maskaxda ee caadiga ah.



## MAXAAD KA QABAN KARTAA?

- **Dhaq gacmahaaga** kadib markaad gacanta ku qabato shayga.
- **Weelka ay kujiraan ka** fogee carruurta.
- **Isticmaal waxyaalo aan 'lead' lahayn** markii ay suurtoagal tahay.
- **Ka codso ka baarista 'lead'** dhiigga dhakhtarkaaga.
- **Baar alaabta** adigoo wacaya khadka 'lead' oo ah 503-988-4000 si aad u ogaato ikhtiyaarada jira.



**Su'aalo?**

**Booqo [www.leadline.org](http://www.leadline.org)  
ama wac 503-988-4000**

