

Ku soo qaad muunada carrada bacda zip lock, waxaanu ka baari doonaa liidh!

 **Eastside YMCA**

875 Arcade Street | Saint Paul, MN

 **july 15, 2025 | 3 – 7 p.m.**



 **RAMSEY COUNTY**

 **DEPARTMENT OF HEALTH**

Uruurinta Hal Muunad Carro ah

TALLAABADA 1

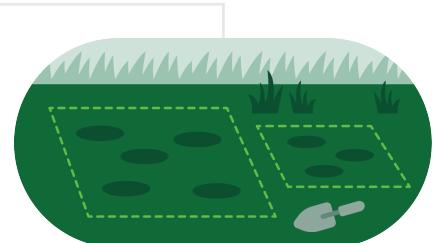
Aqoonso aagga aad u doonayso inaad ka qaado muunadda carradaada.



TALLAABADA 2

Soo Ururo Carrada. Ka soo ururi carrada 5-10 meelood oo goos goos ah oo aggaas ah, iskuna dar weel nadiif ah. Aagga yar, ka soo ururi carrada 3 meelood oo goos goos ah iskuna dar weel nadiif ah.

Ka eeg shaxda hoose si aad u u hesho qotada dhererka meesha laga qaadayo muunada.



TALLAABADA 3

Si fiican isugu qas carrada weel nadiif ah.



TALLAABADA 4

Ka saar quruuruxa, dhagaxyada, iyo xiddiddada, oo hawada ku qallaji. Ha isticmaalin olol, foorno ama timo qalajiyeh si aad u qallajiso carrada!

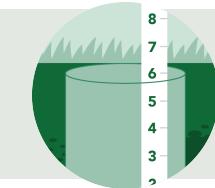


TALLAABADA 5

Waxaad u wareejisaa 1 ama 2bo koob oo caradii lisku qasay ah bac waxaadna ku qortaa goobta muunada iyo tirada ciida.

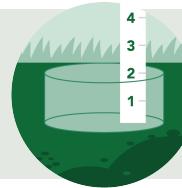


Qotada dhererka ee Meel Kasta oo Goos goos ah oo Muunad laga Qaaday



Aagga Beerta

Dhammaan carrada ka soo ururi dusha sare ee dhulka ilaa 6-8 inches qoto dherer ah.



Goobta ciyarta / aagga aan beerta ahayn

Dhammaan carrada ka soo ururi dusha sare ee dhulka ilaa 1-2 inches qoto dherer ah.

Su'aalo?

Saint Paul — Ramsey County Public Health

Telefoonka: 651-266-1199

Email: healthyhomes@ramseycounty.us
ramseycounty.us/SoilScreeningEvent

Waxaan dadwaynaha la wadaagaynaa macluumaadka soo socda:

- Natijjada tijaabada caradaada (waa si bilaash ah).
- Saamaynta caafimaadkaaga ee suntu rasaasta.
- Agabka iyo macluumaadka aad u baahantahay si loo yareeyo faafida suntu.
- Aqoon-is-weydaarsiyada soo socda ee ku saabsan beeraha meel sare lagu beeray iyo agabka beeraha lagu beerto magaalooyiinka dhexdooda.