**د ﭼﺎﭘﯧﺮﯾﺎﻟﻲ روﻏﺘﯿ ﺎ دﻓﺘﺮ**

**د ﻣﺎﺳﻮﭼﯧﺴﺖ د ﻋﺎﻣﯥ روﻏﺘﯿ ﺎ رﯾﺎﺳﺖ |**

Pashto

**ﭘﮫ ﻣﺎﺷﻮﻣﺘﻮب ﮐﯥ ﭘ ﮫ ﺳﺮﭘﻮ د ﻣﺴﻤﻮﻣﯿﺖ د ﻣﺨﻨﯿﻮي ﭘﺮوګﺮام**

# د رﻧﺟو ﻟﮫ ﺳرﭘو څﺧﮫ د ﻣﺎﺷوﻣﺎﻧو ﺧوﻧدي ﮐول

ﻣﺎﺷﻮم ﭼﯥ ﺳﺘﺮګﯥ ﯾﯥ ﭘﮫ رﻧﺠﻮ ﺗﻮرې دي

## څﻨګﮫ ﭘﻮه ﺷﻢ ﭼﯥ ﻣﺎﺷﻮم ﻣﯥ ﺳﺮﭘﻮ ﻣﺴﻤﻮم ﮐړی؟

· ډﭔری ﻣﺎﺷوﻣﺎن ﭼﯥ ﭘﮫ ﻟوړه ﮐﭼﮫ ﭘﮫ ﺳرﭘو ﻣﺳﻣوم وي، د

·

ﻧﺎروغ ﭘﺷﺎن ﻧﮫ ښﮑﺎري او ﻧﮫ ھﻐﺳﯥ ﻋﻣل ﮐوي.

· د دې ﻟﭘﺎره ﭼﯥ ﭘوه ﺷو ﭼﯥ د ﻣﺎﺷوم ﭘﮫ ﺑدن ﮐﯥ ﺳرپ دي،

ﯾوازﯾﻧۍ ﻻر دا ده ﭼﯥ ﭘﮫ وﯾﻧﮫ ﮐﯥ ﯾﯥ د ﺳرﭘو ﻣﻌﺎﯾﻧﮫ وﺷﻲ. د ﺧﭘل ﻣﺎﺷوم ﻟﮫ ډاﮐټر څﺧﮫ د ﺳرﭘو د ﻣﻌﺎﯾﻧﯥ ﻏوښﺗﻧﮫ ﮐوﻟﯽ

ﺷﺊ.

## · څﻧګﮫ ﻣﯥ ﺧﭘﻠﮫ ﮐورﻧۍ ﺧوﻧدي ﺳﺎﺗﻠﯽ ﺷم؟

Shutterstock **:ﺳﺮﭼﯿﻨﮫ**

دا ډول د رﻧﺠﻮ ﻣﺤﺼﻮﻻت ﻣﮫ ﮐﺎروئ. ﭘﮫ دې ﮐﯥ ښﺎﯾﻲ ﭘﮫ ﻟﻮړه

ﮐﭽﮫ ﺳﺮپ وي.

**دا ﻣﻪ کﺎروئ!**

## ﺳﺮپ زھﺮي ﻣﺎده ده. د ﺳﺮﭘﻮ د زﯾﺎن رﺳﻮﻟﻮ اﺣﺘﻤﺎل ﭘﮫ

**ﻣﺎﺷﻮﻣﺎﻧﻮ ﮐﯥ زﯾﺎت دی.**

· ډﭔری راﻧﺟﮫ ﭼﯥ ﭘﮫ آﺳﯾﺎ، اﻓرﯾﻘﺎ او ﻣﻧځﻧﻲ ﺧﺗﯾځ ﮐﯥ دي، ﺳرپ

ﻟري.

· ﭘﮫ اﻣﺮﯾﮑﺎ ﮐﯥ ﭼﯥ د ډﭔﺮی ﻣﺎﺷﻮﻣﺎﻧﻮ ﻣﻌﺎﯾﻨﮫ ﺷﻮې، د رﻧﺠﻮ ﺳﺮپ

ﯾﯥ ډﭔﺮ ﻟﺮل. رﻧﺠﻮ ﺗﮫ ھﻤﺪارازﺳﺮﻣﮫ، ﮐﻮھﻞ، ﮐﺎﺟﻞ، ګﺎﺟﻞ،

ﮐﺎھﺎل، ﺗﺎزاﻟﻲ ﯾﺎ اﻟﮑﮭﺎل واﯾﻲ.

· ﺳﺮپ ذھﻦ ﺗﮫ زﯾﺎن رﺳﻮﻟﯽ ﺷﻲ او ﻣﺎﺷﻮﻣﺎﻧﻮ ﺗﮫ زدهﮐړه او ﭘﺎﻣﻠﺮﻧﮫ

ھﻐﮫ ﻣﺤﺼﻮﻻت وﮐﺎروئ ﭼﯥ ﭘﮫ اﻣﺮﯾﮑﺎ او اروﭘﺎ ﮐﯥ ﺟﻮړ

ﺷﻮي.

**ﺧﻮﻧﺪي ﻣﺤﺼﻮﻻتوکﺎروئ!**

ﺳﺨﺘﻮي او ﭘﺮ ﭼﻠﻨﺪ ﯾﯥ اﻏﯧﺰ ﮐﻮي.

· ﭘﮫ ﻣﺎﺷﻮﻣﺎﻧﻮ ﮐﯥ د ﺳﺮﭘﻮ ﺧﻮﻧﺪي ﮐﭽﮫ ﻧﺸﺘﮫ.

## ﺳﺮپ ﻟﻮﯾﺎﻧﻮ ﺗﮫ زﯾﺎن رﺳﻮﻟﯽ ﺷﻲ؟

· ھﻮ، ﺳﺮپ د وﯾﻨﯥ د ﻟﻮړ ﻓﺸﺎر او د ﻣﻐﺰو، ﺑډوډو او اﻣﯧﻨﺪوارۍ ﭘﮫ

ﺑﺮﺧﻮ ﮐﯥ د ﺳﺘﻮﻧﺰو ﻻﻣﻞ ﮐﯧږي.

· ﺳﺮپ ھﻤﺪاراز ﮐﻮﻟﯽ ﺷﻲ ﻟﮫ ﯾﻮې اﻣﯧﻨﺪوارې ښځﯥ ﺗﯧﺮ ﺷﻲ او

ﻧﺎزﯾږﭔﺪﻟﻲ ﻣﺎﺷﻮم ﺗﮫ ﯾﯥ ورﺳﯧږي.

ﻓﮑټ ﺷﯿټ د ﻟﻮﭔﺪﯾځﻮ اﯾﺎﻟﺘﻮﻧﻮ د ﻣﺎﺷﻮﻣﺎﻧﻮ د ﭼﺎﭘﯧﺮﯾﺎﻟﻲ

روﻏﺘﯿﺎ د ﻣﺘﺨﺼﺼﻮ واﺣﺪوﻧﻮ ﭘﮫ اﺟﺎزه ﻣﻨﻞ ﺷﻮی.

**ﺟﻮن 2022**

د ﻣﺎﺳﻮﭼﯧﺴﺖ د ﻋﺎﻣﯥ روﻏﺘﯿﺎ رﯾﺎﺳﺖ

د ﭼﺎﭘﯧﺮﯾﺎﻟﻲ روﻏﺘﯿﺎ دﻓﺘﺮ ﭘﮫ ﻣﺎﺷﻮﻣﺘﻮب ﮐﯥ ﭘﮫ ﺳﺮﭘﻮ د ﻣﺴﻤﻮﻣﯿﺖ د ﻣﺨﻨﯿﻮي ﭘﺮوګﺮام

**250 Washington Street**

**Boston, MA 02108**

**617-624-5757** :ﺗﻠﯿﻔﻮن **https://**[**www.mass.gov/orgs/childhood-lead-poisoning-**](http://www.mass.gov/orgs/childhood-lead-poisoning-) **prevention-program**

**MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH | BUREAU OF ENVIRONMENTAL HEALTH** **CHILDHOOD LEAD POISONING PREVENTION PROGRAM**

# Protecting Children from Lead in Surma

Baby with surma around eyes

Source: Shutterstock

## Lead is a poison. Young children are most likely to be harmed by lead.

* Most surma that is from Asia, Africa, and the Middle East has lead.
* Many children across the United States have tested high for lead from using surma. Surma is also called “ranja,” “kohl,” “kajal,” “gajal,” “kahal,” “tozali,” or “al-kahal.”
* Lead can harm the brain and make it hard for children to learn, pay attention, and behave.
* There is no safe level of lead in children.

## Can lead harm adults?

* Yes, lead can cause high blood pressure, brain, kidney, and fertility issues.
* Lead can also pass from a pregnant woman to her unborn baby.

## How do I know if my child has lead poisoning?

* Most children with high levels of lead do not look or act sick.

A blood lead test is the only way to know if a child has lead in their body. You can ask your child’s doctor for a lead test.

## How can I protect my family?

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

**Do Not Use**

**Massachusetts Department of Public Health Bureau of Environmental Health**

Use products made in the USA or Europe.

**Use Safer Products**

**Childhood Lead Poisoning Prevention Program 250 Washington Street**

**Boston, MA 02108**

**Phone: 617-624-5757**

Factsheet adapted with permission from the Western States Pediatric Environmental Health Specialty Units.

**June 2022**

**https://**[**www.mass.gov/orgs/childhood-lead-poisoning-prevention-program**](http://www.mass.gov/orgs/childhood-lead-poisoning-prevention-program)

