ﺳﺮﻣﺎ ﻟﮕﺎﺋﮯ ﮨﻮﺋﮯ اﯾﮏ ﺑﭽہ

آﻧﮑﮭﻮں ﻣﯿﮟ

# ﻣﺠﮭﮯ ﮐﯿﺴﮯ ﭘﺘہ ﭼﻠﮯ ﮔﺎ ﮐہ ﻣﯿﺮے ﺑﭽﮯ ﮐﻮ ﻟﯿﮉ

**ﭘﻮاﺋﺰﻧﻨﮓ ﮨﻮﺋﯽ ﮨﮯ؟**

 **ﺳﯾﺳہ ﮐﯽ زﯾﺎده ﻣﻘدار ﮐﯽ ﺳطﺣوں واﻟﮯ ﺑﯾﺷﺗر ﺑﭼﮯ ﺑﯾﻣﺎر**



**دﮐﮭﺎﺋﯽ ﻧﮩﯾں دﯾﺗﮯ اور ﻧہ ﺑﯾﻣﺎر ﺷﺧص ﮐﯽ طرح ﺑرﺗﺎؤ**

**ﮐرﺗﮯ ﮨﯾں۔**

ﻣﺎﺧﺬ: ﺷﮣﺮ اﺳﮣﺎک

# ﺳﯿﺴہ اﯾﮏ زﮨﺮ ﮨﮯ۔ ﭼﮭﻮﮢﮯ ﺑﭽﻮں ﮐﻮ ﺳﯿﺴہ ﺳﮯ زﯾﺎده

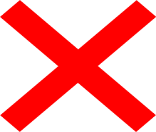
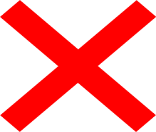
**ﻧﻘﺼﺎن ﭘﮩﻨﭽﻨﮯ ﮐﺎ اﻣﮑﺎن ﮨﻮﺗﺎ ﮨﮯ۔**

**ﺧون ﮐﺎ ﺳﯾﺳہ ﮢﯾﺳٹ ﮨﯽ ﯾہ ﺟﺎﻧﻧﮯ ﮐﺎ واﺣد طرﯾﻘہ ﮨﮯ ﮐہ آﯾﺎ ﮐﺳﯽ ﺑﭼﮯ ﮐﮯ ﺟﺳم ﻣﯾں ﺳﯾﺳہ ﮨﮯ ﯾﺎ ﻧﮩﯾں۔ آپ اﭘﻧﮯ ﺑﭼﮯ**

**ﮐﮯ ڈاﮐﮢر ﮐو ﺳﯾﺳہ ﮢﯾﺳٹ ﮐرﻧﮯ ﮐﺎ ﮐﮩہ ﺳﮑﺗﮯ ﮨﯾں۔**

# ﻣﯾں اﭘﻧﮯ ﺧﺎﻧدان ﮐو ﮐﯾﺳﮯ ﻣﺣﻔوظ رﮐﮭ ﺳﮑﺗﺎ ﮨوں؟

 **اﯾﺷﯾﺎ، اﻓرﯾﻘہ اور ﻣﺷرق وﺳط ٰﯽ ﺳﮯ ﺣﺎﺻل ﮨوﻧﮯ واﻟﮯ زﯾﺎده**



اس طﺮح ﮐﯽ ُﺳﺮﻣﺎ ﻣﺼﻨﻮﻋﺎت اﺳﺘﻌﻤﺎل ﻣﺖ ﮐﺮﯾﮟ۔ ان ﻣﯿﮟ

ﺳﯿﺴہ ﮐﯽ ﺑﮩﺖ زﯾﺎده ﻣﻘﺪار ﮨﻮ ﺳﮑﺘﯽ ﮨﮯ۔

**اﺳﺘﻌﻤﺎل ﻣﺖ ﮐﺮﯾﮟ**

**ﺗر ﺳرﻣﺎ ﻣﯾں ﺳﯾﺳہ ﮨوﺗﺎ ﮨﮯ۔**

ﺳﺮﻣﺎ اﺳﺘﻌﻤﺎل ﮐﺮﻧﮯ ﮐﮯ ﺳﺒﺐ ﺑﮩﺖ ﺳﮯ

 رﯾﺎﺳﺘﮩﺎﺋﮯ ﻣﺘﺤﺪه ﻣﯿﮟ

ﺑﭽﻮں ﮐﮯ ﮢﯿﺴﭧ ﻣﯿﮟ ﺑﮩﺖ زﯾﺎده ﻣﻘﺪار ﻣﯿﮟ ﺳﯿﺴہ ﭘﺎﯾﺎ ﮔﯿﺎ ﮨﮯ۔ ُﺳﺮﻣﺎ ﮐﻮ "راﻧﺠﺎ،" "ﮐﻮﮨﻞ،" "ﮐﺎﺟﻞ،" "ﮔﺠﻞ،" "ﮐﮩﻞ،"

"ﺗﻮزاﻟﯽ،" ﯾﺎ "اﻟﮑﺎﮨﻞ" ﺑﮭﯽ ﮐﮩﺎ ﺟﺎﺗﺎ ﮨﮯ۔

 ﺳﯿﺴہ دﻣﺎغ ﮐﻮ ﻧﻘﺼﺎن ﭘﮩﻨﭽﺎ ﺳﮑﺘﺎ ﮨﮯ اور ﺑﭽﻮں ﮐﮯ ﻟﯿﮯ



اﻣﺮﯾﮑہ ﯾﺎ ﯾﻮرپ ﻣﯿﮟ ﺗﯿﺎر ﮐﺮده ﻣﺼﻨﻮﻋﺎت اﺳﺘﻌﻤﺎل ﮐﺮﯾﮟ۔

**ﻣﺤﻔﻮظ ﻣﺼﻨﻮﻋﺎت اﺳﺘﻌﻤﺎل ﮐﺮﯾﮟ**

ﺳﯿﮑﮭﻨﺎ، ﺗﻮﺟہ دﯾﻨﺎ اور ﺑﺮﺗﺎؤ ﮐﺮﻧﺎ ﻣﺸﮑﻞ ﺑﻨﺎ ﺳﮑﺘﺎ ﮨﮯ۔

 ﺑﭽﻮں ﻣﯿﮟ ﺳﯿﺴہ ﮐﯽ ﮐﻮﺋﯽ ﻣﺤﻔﻮظ ﺳﻄﺢ ﻧﮩﯿﮟ ﮨﮯ۔

# ﮐﯿﺎ ﺳﯿﺴہ ﺑﺎﻟﻎ اﻓﺮاد ﮐﻮ ﻧﻘﺼﺎن ﭘﮩﻨﭽﺎ ﺳﮑﺘﺎ ﮨﮯ؟



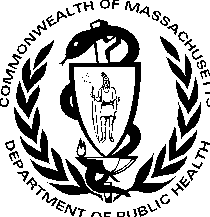
 ﮨﺎں، ﺳﯿﺴہ ﮨﺎﺋﯽ ﺑﻠﮉ ﭘﺮﯾﺸﺮ، دﻣﺎغ، ﮔﺮدے، اور ﻓﺮﮢﯿﻠﯿﮣﯽ ﮐﮯ

ﻣﺴﺎﺋﻞ ﮐﺎ ﺳﺒﺐ ﺑﻦ ﺳﮑﺘﺎ ﮨﮯ۔

 ﺳﯿﺴہ ﺣﺎﻣﻠہ ﻋﻮرت ﺳﮯ اس ﮐﮯ ﻧﺎﻣﻮﻟﻮد ﺑﭽﮯ ﻣﯿﮟ ﺑﮭﯽ ﻣﻨﺘﻘﻞ ﮨﻮ

ﺳﮑﺘﺎ ﮨﮯ۔

ﺣﻘﺎﺋﻖ ﻧﺎﻣہ ﮐﻮ ﻣﻐﺮﺑﯽ رﯾﺎﺳﺘﯿﮟ ﭘﯿﮉﯾﺎﮢﺮک اﻧﻮاﺋﺮﻧﻤﻨﮣﻞ ﮨﯿﻠﺘﮭ اﺳﭙﯿﺸﻠﮣﯽ ﯾﻮﻧﮣﺲ ﮐﯽ اﺟﺎزت ﺳﮯ اﺧﺘﯿﺎر/ﺗﯿﺎر ﮐﯿﺎ



ﮔﯿﺎ۔

ﻣﯿﺴﺎﭼﻮﺳﮣﺲ ڈﯾﭙﺎرﮢﻤﻨﭧ آف ﭘﺒﻠﮏ ﮨﯿﻠﺘﮭ

ﺑﯿﻮرو آف اﻧﻮاﺋﺮﻧﻤﻨﮣﻞ ﮨﯿﻠﺘﮭ ﺑﭽﭙﻦ ﻣﯿﮟ ﺳﯿﺴہ ﮐﮯ زﮨﺮﯾﻠﮯ ﭘﻦ ﺳﮯ ﺑﭽﺎؤ ﮐﺎ ﭘﺮوﮔﺮام

**250 Washington Street**

**Boston, MA 02108**

**ﻣﯿﺴﺎﭼﻮﺳﮣﺲ ڈﯾﭙﺎرﮢﻤﻨﭧ آف ﭘﺒﻠﮏ ﮨﯿﻠﺘﮭ | ﺑﯿﻮرو آف اﻧﻮاﺋﺮﻧﻤﻨﮣﻞ ﮨﯿﻠﺘﮭ ﺑﭽﭙﻦ ﻣﯿﮟ ﺳﯿﺴہ ﮐﮯ زﮨﺮﯾﻠﮯ ﭘﻦ ﺳﮯ ﺑﭽﺎؤ ﮐﺎ ﭘﺮوﮔﺮا م**

Urdu

ﺑﭽﻮں ﮐﻮ ﺳُﺮﻣﺎ ﻣﯿﮟ ﻣﻮﺟﻮد ﺳﯿﺴہ ﺳﮯ ﻣﺤﻔﻮظ رﮐﮭﻨﺎ

**2022 ﺟﻮن**

**617-624-5757**

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

ﻓﻮن:

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

Protecting Children from Lead in Surma

Young child with surma around eyes

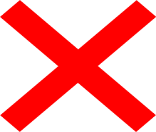
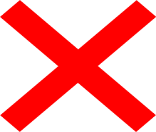
# How do I know if my child has lead poisoning?

* 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?

Source: Shutterstock



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

**Do Not Use**

# 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.



Use products made in the USA or Europe.

**Use Safer Products**

* 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.

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

**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)

