



# U doorashada Meel Ammaan ah Daryeelka Carruurta

## DOORO MEELO AMMAAN AH - ISKA ILAALI SOO GAARISTA WAXYAABAHA HALISTA AH EE DEEGAANKA

U doorashada goobta saxda ah ee ganacsigaaga daryeelka caruurta ayaa muhiim u ah guulaysiga. Waxaa jira wax ka badan qiimaha iyo cabbirka fasalka oo ay tahay in la tixgeliyo - ka waran badbaadada goobta iyo guriga? Yareeya khatarta soo gaarta ganacsigaaga idinka oo si taxadar leh u tixgelinaya arrimaha caafimaadka deegaanka ee hoos lagu sharraxay, kuwaas oo dhammaantood saamayn ku yeelan kara fayyo-qabka carruurta aad daryeesho.



## Isticmaalka Dhismaha Guriga iyo Wasakhawga Deegaanka

### ✓ Wax ka ogoow wixii guriga loo isticmaali jiray

Wasakhawga waxaa laga yaabaa in goobta lagaga tagay sababo la xiriira isticmaalkii hore ee hanti, sida:

- nadiifiyayaasha qalalan (dry cleaners)
- xarumaha shidaalka
- geeerashka jirka baabuurta
- wax soo saarka ama isticmaalka warshadaha

Barashada ku saabsan sii loo isticmaali jiray hantida guriga ayaa waxay caawisaa in la ogaado marka baaritaan dheeraad ah loo baahan karo si meesha looga saaro soo gaarista deegaanka ee waxyeelada leh. Raadi macluumaadka la xiriira lahaanshihii hore ee guriga si aad u ogaato in ganacsiyadu laga yaabo in ay isticmaali jireen ama ku daadin jireen wasakhaha khatarta ah. Soo ogoow in qiimayn loo sameeyey goobta deegaanku ay jirto guriga (sida Wejiga I ama Wejiga II).

### ✓ Wax ka baro wasakhawga deegaanka ee agagaarka u dhow

Goobaha kiraystaha ee la wadaaga gidaarada ganacsiyada kale ee isticmaalaya kiimikooyinka ayaa waxa laga yaabaa inay saamayso tayada hawadooda gudaha. Nadiifiyayaasha qallalan iyo goobaha ciddiyaha ayaa ah tusaalooyinka caadiga ah ee ganacsiyada laga yaabo inay saameeyaan meelaha ka ag dhow, gaar ahaan haddii ay ku yaalliin suuq isu furan ah oo leh nidaamyada HVAC ee la wadaago.

Meelaha qaarkood, kiimikooyinkii hore loo isticmaali jiray ayaa waxay wasakheeyeen ciidda iyo biyaha dhulka hoostiisa ku jira. Kiimikooyinka uumi ahaan uga soo baxa carrada ayaa waxay abuuri karaan uumiga kiimika ee dhulka hoostiisa. Uumigani wuu wareegi karaa oo uu soo gaari karaa dhismayaash wuxuuna wasakhayn karaa hawada gudaha. Nidaamkan - marka wasakhdu ka soo baxdo meelaha hawadu ka jirto ee carrada dhexdeeda una gudubto hawada gudaha guriga - waxaa lagu magacaabaa soo gelitaanka uumiga. Isticmaalka hantida ee hadda iyo xilli hore, iyo goobaha la ogyahay in ay wasakhaysan yihiin ee u dhow ayaa bixin kara tilmaamo ku saabsan suurtagalnimada soo gelitaanka uumiga ee saameeya meesha.

## Khayraad waxtar leh si aad wax uga ogaato wixii guriga loo isticmaali jiray iyo wasakhda ka agdhow

- La hadal mulkiilaha guriga hadda leh.
- Adeegso aaladaha khariidaynta ee khadka internetka si aad u aqoonsato isticmaalka hantida kuu dhow oo ka baar agabka internetka ee Wakaalada Xakamaynta Wasakhawga ee Minnesota, Maxaa ku Yaalla Xaafadayda (What's in My Neighborhood) ([www.pca.state.mn.us/data/whats-my-neighborhood](http://www.pca.state.mn.us/data/whats-my-neighborhood))
- Codso caawimo si aad dukumentiyada uga hesho wakaaladaha magaalada/dawladda hoose.
- Fiiri agagaarka goobta aad xiisaynayso. Sifooyinka muuqata ee hantida iyo dhismuhu waxay tilmaami karaan isticmaalkii hore ama hadda kaas oo tilmaami kara in loo baahanyahay dabagal.
- La xiriir MDH (eeg dhinaca dambe) si aad u hesho caawimo xagga baarista guriga laga yaabo inaad adeegsato mustaqbalka.

## Tixgelinno Dheeraad ah oo Caafimaadka Deegaanka ah



### ✓ Ka baara biyaha la cabbo liidh

Liidhku waa bir sun ah oo sababi karta dhibaatooyin caafimaad iyo kuwo habdhaqan oo wakhti dheer ah. Dhammaan biyaha la cabbo waa in laga baaro liidh, maadaama ay liidh ka soo geli karto nidaamka tuubooyinka iyo qalabka qasabada.

Sunta Liidh ee ku jirta Biyaha la Cabo

([www.health.state.mn.us/communities/environment/water/docs/contaminants/leadfactsht.pdf](http://www.health.state.mn.us/communities/environment/water/docs/contaminants/leadfactsht.pdf))



### ✓ Ka tijaabiya biyaha ceelka waxyaabaha kale ee wasakheeya

Sida keliya ee lagu ogaan karo in biyaha ceelku ay badbaado yihiin, gaar ahaan in ay badbaado u yihiin carruurta yaryar, waa in la tijaabiyo. MDH waxay ku talinaysaa in laga baaro bakteeriyada, Nitrate, manganese, iyo arsenic.

Barnaamijka Baaritaanka Biyaha Ceelka

([www.health.state.mn.us/communities/environment/hazardous/cspwelltest.html](http://www.health.state.mn.us/communities/environment/hazardous/cspwelltest.html))



### ✓ Ka baara radon

Radon waa gaas leh tamarta shucaaca oo si dabiici ah ugu jirta dhulka hoostiisa. Ma arki kartid, mana urin kartid radon waxayna ku ururi kartaa marka ay ka soo gasho seeska hoose ee dhismaha. Neefsashada radon ayaa waxay u horseedi kartaa kansarka sanbabada.

Baaritaanka Radon

([www.health.state.mn.us/communities/environment/air/radon/radontestresults.html](http://www.health.state.mn.us/communities/environment/air/radon/radontestresults.html))



### ✓ Ka hortag soo gaarista liidhka

Rinjiga uu ku jiro liidh ayaa ah halka ugu badan ee ay ka timaado soo gaarista liidhku. Dhismayaal badan oo la dhisay 1978 kahor ayaa waxay leeyihiin rinji ay jirto liidh. Soo gaarista liidh ee carruurta yaryar ayaa waxay sababi kartaa dhibaatooyinka waxbarashada iyo habdhaqanka.

Ilaha ugu badan ee keena liidhka

([www.health.state.mn.us/communities/environment/lead/fs/common.html](http://www.health.state.mn.us/communities/environment/lead/fs/common.html))



✓ **Xakameeya waxyaabaha deegaanka ee kiciya neefta/asmada**

Dhismuhu ma leeyahay hawada gudaha oo tayo wanaagsan? Waxyaabaha kiciya xasaasiyadda ayaa waxaa ka mid ah caaryada, caarada boodhka, ur xooggan ama qiiq, qiiq sigaarka lagugu agcabo.

Ogow waxyaabaha kugu kiciya Neefta/Asmada

([www.health.state.mn.us/diseases/asthma/managing/triggers.html](http://www.health.state.mn.us/diseases/asthma/managing/triggers.html))

**Su'aalo miyaad qabtaa ama ma u baahan tahay macluumaad dheeraad ah? La xiriir MDH**

Dooro Meelo Ammaan ah Minnesota

([www.health.state.mn.us/communities/environment/hazardous/choosesafeplaces.html](http://www.health.state.mn.us/communities/environment/hazardous/choosesafeplaces.html))

Taleefanka: **651-201-4897** ama **1-800-657-3908** | Email: [health.hazard@state.mn.us](mailto:health.hazard@state.mn.us)

12/14/2020

Si aad macluumaadkan ugu hesho qaab kale, soo wac 651-201-4897