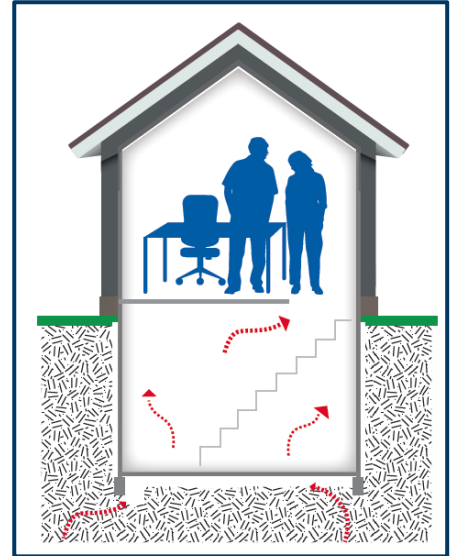


Waa maxay soo gelista Uumigu?

MILKIILAHA HANTIDA GURYAHA GANACSIGA

Kiimikada dhulka ku daatay ama lagu daadiyay ayaa waxay wasakhayn karaan ciidda iyo biyaha dhulka hoostiisa ku jira. Isku-dhafka Kiimikooyinka Dabiiciga ah ee Sida Fudud Hawada u Raaca (Volatile organic compounds (VOCs)) waa kiimikooyin si fudud hawada u raaca. Kiimikooyinka VOCs ee uumi ahaan uga soo baxa carrada wasakhaysan iyo biyaha dhulka hoostiisa ku jiraa waxay abuuri karaan uumiga kiimikada ee dhulka hoostiisa. Haddii uumigani dhaqdhaqaaqo oo uu taabto dhismaha guriga, waxay ka soo gali karaan dildilaaca seeska, hareeraha tuubooyinka, ama iyaga oo soo maraya tuubooyinka bullaacadaha. Kiimikooyinka VOCs ayaa markaa wasakhayn kara 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.



Isku-dhafka Kiimikooyinka Dabiiciga ah (VOCs) ee inta badan lagu helo baarista soo gelitaanka uumiga ee Minnesota waa industrial degreaser trichloroethylene (TCE), dareeraha nadiifinta qalalan ee tetrachlorethylene (perchloroethylene, PCE), iyo qaybaha batroolka. Guryaha tusaalooyinka noqon kara ee ay ilaha kiimikooyinka VOCs ay ka yimaadaan waa warshadaha, nadiifiyeyaasha qalalan, iyo geerashyada dahaadhka biraha.

Waa maxay u jeedada baarista soo gelista uumigu?



Dhismayaasha guryaha ayaa waxaa laga baaraa in uumigu soo galayo si loo go'aamiyo haddii ay jirto khatarta soo gelitaanka uumiga kiimikada ah ama haddii uu jiro walaac caafimaad oo suurtagal ah. Caadi ahaan, caddadka kiimikooyinka ee ka soo gala uumiga ka imanaya ciidda wasakhaysan ee dhismuhu ma aha walaac caafimaad oo dadka badankiisa ah waxyeelaya. Si kastaba ha noqotee, xitaa xaddi yar oo wasakhowga ah ayaa laga yaabaa inay walaac caafimaad u keenaan shakhsiyaadka u nugul, gaar ahaan **haweenka uurka leh ama laga yaabo inay uur yeeshaan**. Haddii aad tahay qof u nugul oo si joogto ah u deggan dhisme uu soo gelayo uumigu, fadlan la socodsii Waaxda Caafimaadka Minnesota (MDH).

Maxaa dhacaya haddii laga shakiyo in uu uumi soo gelayo?



Soo gelitaanka uumiga waxaa lagu baaraa iyadoo la soo ururinayo qaybo tijaabo muunad deegaanka ah si looga raadiyo kiimikooyinka iyo cadadka jira. Haddii kiimikooyin ay ku jiraan dhismayaasha agtooda, waxa laga yaabaa inay lagama maarmaan noqoto in laga soo ururiyo muunad uumi ciidda ka hooseeya oo ku jira dhismaha hoostiisa ama hawada gudaha. Qaybaha tijaabada ayaa laga soo ururiyaa



iyadoo laga qodayo god yar sagxadda dhulka si looga soo qaado qayb tijaabin uumiga ciidda ee dhismaha hoostiisa ku jira iyadoo la isticmaalayo qalab gaar ah oo la mid ah sawirka halkan.

Maxaa la samaynayaa si loo yareeyo soo gelista uumiga iyo wanaajinta tayada hawada gudaha?

Haddii uumiga ku jira carrada dhismahaaga hoostiisa laga helo heerar muujinaya walaac, nidaamka yaraynta (inta badan habka cadaadista ee sagxada hoostiisa) ayaa laga yaabaa in loo baahdo si uumiga looga soo bixiyo salka hoose oo loo raaciyo hawada dibadda. Kani waa nidaam la mid ah kuwa badanaa loo isticmaalo in radon looga ilaaliyo in ay soo gasho dhismayaasha. Hababka kale, sida hagaajinta cadaadiska dhismaha ama kontaroolidda HVAC, ayaa sidoo kale laga yaabaa inay waxtar u yeeshaan xaaladaha qaarkood.

Biyaha aan cabbo miyey saameeyeen?

Soo gelista uumiga ayaa inta badan lala xiriiriyaa wasakhowga biyaha meel dhow dhulka hoostiisa ku jira ama carrada. Biyaha la cabbo ee dawladda hoose ayaa waxay inta badan ka yimaadaan ceelal qoto dheer ama biyaha dhulka korkiisa waxaana si joogto ah looga baaraa wasakhowga si loo hubiyo inay buuxiyeen halbeegyada. Haddii aad u isticmaasho ceel gaar aad u leedahay biyaha aad cabto oo lagu samaynayo baaritaanka soo gaaritaanka uumiga, la xiriir MDH wixii macluumaad dheeraad ah.

Wixii su'aalo ama macluumaad ah

Ee Ku saabsan baaritaannada goobta, muunada, hababka yaraynta halista

Kala xiriir Wakaaladda Ka hortagga Wasakhowga Minnesota taleefan ahaa 651-757-2040 ama email ahaan vaporinfo.pca@state.mn.us.

[MPCA Maareynta soo galinta uumiga](https://www.pca.state.mn.us/air-water-land-climate/managing-vapor-intrusion)

[\(<https://www.pca.state.mn.us/air-water-land-climate/managing-vapor-intrusion>\)](https://www.pca.state.mn.us/air-water-land-climate/managing-vapor-intrusion)

Wax ku saabsan soo gelitaanka uumiga iyo caafimaadka, radon, biyaha la cabbo

Kala xiriir MDH taleefoonka 651-201-4897 ama email ahaan health.hazard@state.mn.us.

[Soo gelitaanka Uumiga MDH](https://www.health.state.mn.us/communities/environment/hazardous/topics/vaporintrusion.html)

[\(<https://www.health.state.mn.us/communities/environment/hazardous/topics/vaporintrusion.html>\)](https://www.health.state.mn.us/communities/environment/hazardous/topics/vaporintrusion.html)