

Caafimaadkaaga iyo Soo gelista Uumiga

GURYAHA DEGAANKA AH

Qadarka kiimikooyinka ee dhismayaasha ka soo gala uumiga carrada wasakhaysani caadi ahaan ma aha kuwo aad u sarreeya oo saameeya caafimaadka dadka intiisa badan. Si kastaba ha ahaatee, khatartu way sii weynaan kartaa marka dadku ay u faydanyihiin xaddi badan oo kiimikooyin ah wakhti dheer, ama haddii dadkaas u faydmay ay xasaasiyad ku leeyihiin ama caafimaadkoodu wiiqanyahay.



Dadka qaar ayaa laga yaabaa inay aad ugu nugulyihiin saamaynta caafimaadka sababta oo ah waxay la kulmaan khataro dheeraad ah oo ka yimaada goobta shaqada ama guriga, helitaan daryeel caafimaad iyo cunto caafimaad leh oo aan ku fillayn, iyo walbahaarka meel kasta oo ay ku jiraan midab takoorka nidaamka iyo noocyada kale ee sinnaan la'aanta. MDH waxa ay aaminsantahay in dadka oo dhan ay helaan fursado ay kaga qayb qaataan go'aamada saameeya deegaankooda iyo caafimaadkooda.

Tusaalooyinka dadka laga yaabo inay yihiin kuwo xasaasiyad ku leh ama u nugul waxaa ka mid ah:

- haweenka uurka leh ama laga yaabo inay uur yeeshaan
- dhallaanka iyo carruurta yaryar
- dadka waayeelka ah
- dadka la nool cudurada dabadheeraada ama habdhiska difaaca jirka oo daciifay
- dadka la kulma sinnaan la'aanta dhaqaale iyo duruufaha saameeya awooddooda caafimaad



MDH waxay si gaar ah uga walaacsan tahay uurka saddexda bilood ee ugu horreeya marka ay meesha ku jirto wasakhawga trichlorethylene (TCE).

Haddii aad ka walaacsan tahay qof ku nool gurigaaga ama dhismaha oo laga yaabo inuu yahay shakhsi u nugul, fadlan la xiriir MDH. Macluumaadka shakhsiyeed ama caafimaadka ee aad la wadaagto MDH waa qarsoodi. Haddii aad nala soo xiriirto, waxa laga yaabaa inaan awoodno inaan:

- in aan dedejino muunada ama wax ka qabashada dhimista
- in aan wadaagno waxa aan ka ognahay khataraha caafimaadka
- soo jeedi tallaabooyin lagu dhimayo soo gaarista suurtagalka ah

Su'aalo? La soo xiriir Waaxda Caafimaadka ee Minnesota

Qaybta Qiimaynta iyo Latashiga goobta

Soo wac (651) 201-4897 ama Email u soo dir health.hazard@state.mn.us

<https://www.health.state.mn.us/communities/environment/hazardous/topics/vaporintrusion.html>

Your Health and Vapor Intrusion

RESIDENTIAL

The amount of chemicals that enter buildings from contaminated soil vapor are typically not high enough to affect most people's health. However, the risks may be greater when people are exposed to high amounts of some chemicals for a long time, or if exposed people are sensitive or their health is compromised.



Some people may be more vulnerable to health effects because they experience additional exposures to hazards in the workplace or home, inadequate access to healthcare and healthy food, and stress from any source including structural racism and other forms of inequity. MDH believes all people should have opportunities to participate in decisions that affect their environment and health.

Examples of people who may be sensitive or vulnerable include:

- people who are pregnant or may become pregnant
- infants and young children
- elderly people
- people who are living with chronic disease or a compromised immune system
- people who face socioeconomic inequities and circumstances that affect their ability to be healthy



MDH is especially concerned about pregnancies in the first trimester when the contaminant trichloroethylene (TCE) is present.

If you have concerns about anyone living in your home or building who may be a sensitive individual, please contact MDH. Personal or health information you share with MDH is confidential. If you contact us, we may be able to:

- speed up sampling or building mitigation
- share what we know about health risks
- suggest actions to reduce potential exposure

Questions? Contact the Minnesota Department of Health

Site Assessment and Consultation Unit

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