

Healthy Kids Macluumaadka Polycyclic Aromatic Hydrocarbons



Polycyclic aromatic hydrocarbons (PAHs) waa koox kiimikooyin ah oo samaysma oo lagu sii daayo hawada marka walxaha sida looxa/xaabada, basiinka, dhuxusha, qashinka, iyo tubaakada la gubo. Waxa kale oo ay ka samaysmaan cuntada la dubay, cuntada la solay, cuntada la qiijiyey, ama cuntada la shiilay.

PAHs ee ku jira hawadu waxay dhibi karaan indhaha iyo marinnada neefsashada, waxayna horseedi karaan asma/neef iyo dhibaatooyin kale oo xagga neefsashada ah. Waxaa laga yaabaa inay si gaar ah waxyeelo ugu gaystaan carruurta sababtoo ah sambabooda iyo xubnaha kale ayaa weli koraya. Qaar ka mid ah PAHs ayaa laga yaabaa inay keenaan kansar.

In laga helo PAHs kaadida carruurta ayaa ah wax caadi ah oo macnaheedu maaha in caafimaadkooda ay saamayn doonto. Saynisyahannadu waxay weli baranayaan heerarka laga yaabo inayna ammaan ahayn.

PAHs waxay ka dhashaan waxyaboo kale, waxay ka yimaadaan walxaha gubta iyo cuntada lookariyo siyaabo gaar ah. Inta badan looma sameeyo ama looma isticmaalo si ula kac ah. Hal PAH, naphthalene, ayaa loo isticmaalaa wax soo saarka iyo sunta cayrisa moth (sida mothballs).

Si aad u hesho
macluumaad dheeraad
ah iyo agab, fadlan soo
booqo boggeena:



Healthy Kids MN

[health.mn.gov/
HealthyKidsChemicals](http://health.mn.gov/HealthyKidsChemicals)

Halkee laga heli karaa PAHs?

Dadku badanaa waxay la kulmaan isku dhaf PAHs ah,
halkii ay kala kulmi lahaayeen hal nooc oo PAH ah.

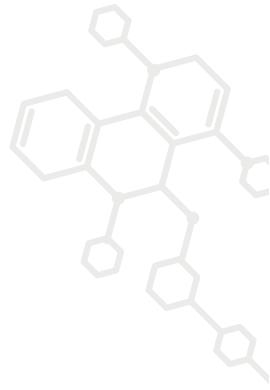
The infographic illustrates various sources of PAHs. On the left, a person mows grass near a lawn mower icon. A speech bubble says: "Hawada ka timid ilo dibada bannaanka ah. Oo ay ku jiraan meelaha gaadiidka badan, dhismaha wadada laamiga ah, iyo qalabka matoorada ee gaaska ku shaqeeyaa". In the center, a woman holds a sign that says: "Hawada ka timid ilo gudaha guriga ah. Oo ay ku jiraan baabuurta ku dhex daaran gaaraashka dhexdiisa, uunsiga/fooxa & shumacyada, jikada & meesha dabka lagu shido ee aan sida haboon qiiqa looga saarin, qiiqa sigaarka, iyo sunta moth-ka lagu cayriyo". On the right, a house shows a person smoking inside, with a speech bubble: "Cuntada ay ku jiraan. Oo ay ku jiraan cuntada duban, cuntada dhuxusha lagu gubay iyo cuntada la qiijiyey".

Sida aad hoos ugu dhigi karto soo gaarista PAHs



Hawada ka timid ilo gudaha guriga ah

- Isaga oo iska taagan yuusan daarnaaninaabuurkaagu geerashka guriga ku dheggan dhediisa.
- Yaree ku isticmaalka foomka/uunsiga (waxyabaha la qiijiyo) iyo shumacyada agagaarka ilmahaaga. Haddii aad gudaha guriga ku isticmaasho, isticmaal hawo laydhin wanaagsan oo aad adeegsato marawaxadaha ama daaqadaha furta.
- Iisticmaal marawaxada qiiq bixiyaha jikada iyo/ama fur daaqadaha marka aad wax karinayso.
- Hubi in shooladaada xaabada iyo meesha dabka lagu shido ay si fiican u hawo baxaan.
- Haddii gurigaagu leeyahay kulayliyaha hawada ee hawada soo tuura, si joogtoah u beddel filtarka.
- Haddii aad sigaar cabto, ku cab sigaarka meel ka baxsan guriga ama baabuurka, oo meel ka fog ilmahaaga. Si aad u hesho caawimo bilaash ah joojinta sigaarka, wac 1-800-QUIT-NOW ama booqo www.quitpartnermn.com.
- Ka fogow meelaha laga yaabo in ilmahaagu ku neefsado qiiqa soo gaaraya ee lagu agcabo. Waydiiso dadka in aanay sigaar ku cabbin agagaarka ilmahaaga.
- Halkii aad isticmaali lahayd sunta moth-ka, qaad tillabooyin aad uga hortagayso moths-ka. U isticmaal weelasha kaydinta ee si fiican u daboolma iyo baco dharka iyo gogosha. Ha ku kaydin alaabtan meelaha qoyan ee guriga ah.



Hawada ka timid ilo dibada bannaanka ah

- Yaree wakhtiga ilmahaagu agjoogo:
 - Meelaha u dhow meelaha taraafigu ku badan yahay ama baabuurta daaran ee taagan
 - Dhismaha waddada laamiga ah iyo meelaha lagu sameeyo daamurka saqafka guriga
 - Qalabka gaaska ku shaqeeya ee matoorka leh, sida mashiinnada cawska jara, mashiinada jara haramaha, mashiinada baraf tuura
- Markaad baabuur ku dhex waddo meel gaadiid badan, daaqadaha dallac oo marawaxada ku beeg aad dib u wareejinta hawada gudaha baabuurka.
- Kala soco talooinka digniinta tayada hawada www.airnow.gov. Wuxaa so dejisan kartaa aabka taleefanka gacanta. Inta lagu jiro digniinta tayada hawada, xaddid wakhtiga dibadda ee ilmahaaga oo xirta daaqadaha. Tani waxay si gaar ah muhiim u tahay haddii ilmahaagu qabo neef.
- Haddii aad qabto cabasho wasakhowga hawada ama deegaanka ah, waxaad foomka cabashada u diri karta: Minnesota Pollution Control Agency: www.pca.state.mn.us/air/have-complaint.

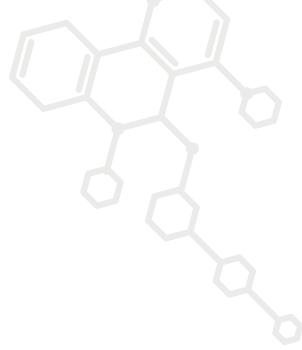


Cuntada

- Yareeyaa cunista cuntada duban, cuntada dhuxusha lagu gubay ama cuntada la qiijiyey, ama cuntada la shiilay. Cunto karinta tartibta ah, baylinta/karkarin, ama uumiyida ayaa ah beddel wanaagsan. Haddii aad ay kaa gubato cunto, iska tuur qaybta madoobaatay kahor intaadan cunin.

PAHs ee laga baaray kaadida ilmahaaga

PAHs ayaa waxay isu beddelaan kiimikooyin xiriir la leh marka ay jirka ku jiraan. Waxaan ugu yeernaa kuwan "waxyabaha qurubyada ah/burburka ah" (breakdown products). Healthy Kids Minnesota waxay baartay waxyabaha qurubyada PAHs ee ku jirta kaadida ilmahaaga. Waxyabaha qurubyada ah ee PAH ayaa waxay leeyihii magacyo kiimiko oo dheer, sidaa darteed magacyadooda oo la soo gaabiyeeyayaanu u isticmaalaynaa xaashidan iyo natijjada ilmahaaga.



Burburka qurubyada PAH ee la baaray	Magaca Kiimikada oo Dhamaystiran	PAHs-ka ay asala haan ka yimaadeen
1-PYR	1-Hydroxypyrene	pyrene
1-NAP	1-Hydroxynaphthalene	naphthalene
2-NAP	2-Hydroxynaphthalene	naphthalene
2-FLUO	2-Hydroxyfluorene	fluorene
3-FLUO	3-Hydroxyfluorene	fluorene
3-PHEN	3-Hydroxyphenanthrene	phenanthrene



www.health.mn.gov

Si aad macluumaadkan ugu hesho qaab

kale, email u soo dir:

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Si aad u hesho macluumaad dheeraad ah
iyo agab, fadlan soo booqo boggeena:
health.mn.gov/healthykidsmn