

Healthy Kids

Macluumaadka sunta cayayaanka

Sunta cayayaanka ayaa waxay xakamaysaa cayayaanno kala duwan sida cayayaanka, haramaha, iyo bakteeriyada.

Waxaa loo isticmaalaa beero falashada, gudaha iyo hareeraha guriga, iyo meelo kale oo badan. Carruurta waxay ku soo gaari kartaa sunta cayayaanku meelaha ay ku nool yihiin, wax ku bartaan, iyo ku ciyaaraan.

Saamaynta caafimaad ee suurtagalka ah ee sunta cayayaanku waxay ku xiran tahay nooca sunta cayayaanka ee ay tahay. Tusaale ahaan, qaar ayaa laga yaabaa inay waxyeelleeyaan habdhiska neerfayaasha, inay kiciyaan xasaasiyada maqaarka ama indhaha, ama inay kordhin karaan khatarta kansarka. Dhallaanka iyo carruurta ayaa waxay aad ugu nugul yihiin in ka badan dadka waaweyn.

In laga helo sunta cayayaanka kaadida ilmahaaga ayaa ah wax caadi ah oo macnaheedu maaha in caafimaadka ilmahaaga ay saamayn doonto. Saynisyahannadu waxay weli baranayaan heerarka laga yaabo inayna ammaan ahayn.

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



Healthy Kids MN

health.mn.gov/
HealthyKidsChemicals

Xagee Laga Heli Karaa Sunta Cayayaanka?

Hawada ka timaada beeraha iyo guryaha deriska ah



Xayawaanka rabaayada ah

Cawska daarada dushiisa



Hadhaaga guriga kuu soo raaca ee oo kaa soo raacaya shaqada



Guriga dhexdiisa

Cuntada ayey ku jiraan



Biyaha la cabbo ayey ka yimaadaan

Sunta Cayayaanka ee laga baaray kaadida ilmahaaga

Sunta cayayaanku waxay isu bedeli kartaa kiimikooyin la xiriira marka ay jirka galaan. Waxaan ugu yeernaa kuwan “kiimikooyinka qurubyada ah” (“breakdown products”). Healthy Kids Minnesota waxay ka baartay sideed kiimiko kaadida ilmahaaga—hal sunta cayayaanka ah iyo todoba qurubyada sunta cayayaanka.

Magaca	Siyaabaha ugu badan ee loo isticmaalo	Siyaabaha ugu badan ee ay carruurta ku soo gaaraan
2,4-D 2,4-Dichlorophenoxyacetic acid 	- Waxay xakamaysaa cawska haramaha ah ee ku baxa cawska guriga - Waxaa si weyn loogu isticmaalaa beeraha si loo xakameeyo haramaha	 Cunista cuntada  Ku dul ciyaarista cawska la daweyay  Ku isticmaalka beerahaagagaarka ka dhow
IMPY 2-Isopropyl-4-methyl-6-hydroxypyrimidine Tani waa qurubyada burburka diazinon.	Waxay xakamaysaa cayayaanka ku jira beeraha (dalagga, xoolaha)	 Cunista cuntada  Ku isticmaalka beerahaagagaarka ka dhow
PNP P-nitrophenol Tani waa qurubyada burburka methyl- iyo ethyl-parathion.	- Markii hore waxaa loo isticmaali jiray in lagu xakameeyo cayayaanka beeraha laakiin haddalama ogola isticmaalkeeda Maraykanka - PNP sidoo kale waa qurubyo walxo oo ah kiimikooyinka warshadaha oo loo yaqaan nitrobenzene	 Saynis yahanadu waxay wali baranayaan sida ay kiimikadani caruurta ku soo gaarto
TCPY TCPY [3,5,6-Trichloro-2-pyridinol] Tani waa qurubyada burburka chlorpyrifos iyo chlorpyrifos-methyl.	- Guriga dhexdiisa, chlorpyrifos waxa lagu isticmaali karaa dabinada qudhaanjada iyo baranbarada lagu dabo oo kaliya - lama ogola isticmaalka kale ee guriga - Guriga dibaddiisa, chlorpyrifos waxaa loo isticmaali karaa in lagu xakameeyo cayayaanka beeraha iyo goobaha aan beeraha ahayn sida garoonka ciyaarta golfka - Chlorpyrifos-methyl waxaa loo isticmaalaa haruurka kaydsan	 Cunista cuntada  Soo gaarista hawada,isticmaalka beerahakaa agdhow
3-PBA, 4-F-3-PBA, trans-DCCA, cis-DCCA 3-Phenoxybenzoic acid, 4-Fluoro-3-phenoxybenzoic acid, Trans-3-(2,2-dichlorovinyl)-2,2-dimethylcyclopropane carboxylic acid,Cis-3-(2,2-dichlorovinyl)-2,2-dimethylcyclopropane carboxylic acid Kuwani waa burburka qurubyada kooxo ka mid ah sunta cayayaanka oo loo yaqaan pyrethroids.	- Xakamaynta cayayaanka ee guriga iyo deyrka/ beerta guriga - Waxaa loo isticmaalaa qaar ka mid ah badeecooyinka takfida iyo shilinta ee xayawaanka rabaayada ah - Xakamaynta cayayaanka ee beeraha	 Cunista cuntada  Soo gaaritaanka meelaha la daweyay ee guriga iyo daarada ah  Ku isticmaalka beeraha agagaarka ka dhow  Soo gaarista xayawaanka rabaayada ah

Sida aad hoos ugu dhigi karto soo gaarista sunta cayayaanka



Sunta cayayaanka loo isticmaalo guriga dhexdiisa

In aad ka dhigto gurigaaga meel aan soo dhawaynayn cayayaanku waa habka ugu fiican ee looga fogaado isticmaalka sunta cayayaanka sida si degdega ah in aad u nadiifisaan cuntada daata, gufaynta godadka iyo dildilaacyada, iyo hagaajinta tuubooyinka daadinaya.

Haddii aad u baahan tahay inaad isticmaasho alaabta xakamaynta cayayaanka:

- Hubi inaad si sax ah u aqoonsato cayayaanka iyo in cayayaanku ku qoran yahay calaamadda sunta.
- Akhri oo raac tilmaamaha ku yaalla calaamadaynta alaabta.
- Dooro dabinka iyo jel. Way ka xaddiditaan badan yihiin kuwa lagu buufiyo. Dhig dabinka iyo jelka meel aanay ilmahaagu ama xayawaanku taaban karin.
- Haddii aad isticmaalaysaan kiimikada buufinta ah, ku xaddida isticmaalka meelaha lala beegsanayo ama daloolada iyo dillaacyada. Laydhi gurigaaga adigoo furaya daaqaadaha.
- Ku hay ilmahaaga, xayawaanka, alaabta lagu ciyaaro, dharka, iwm. meel ka fog aagga la daweeay.
- Iska daaya adeegsiga kiimikada ceeryaamada ah ama bambooyinka cayayaanka (foggers or bug bombs).
- Haddii dhibaataada cayayaanku ay daran tahay, tixgeli inaad soo kiraysato daaweeye shahaadaysan.
- Had iyo jeer ku kaydi sunta cayayaanka weelkooda asalka ah meel aysan gaaraynin ilmahaagu.

Waxay khusaysaa:

TCYP

3-PBA,
4-F-3-PBA,
trans-DCCA,
cis-DCCA



Sunta cayayaanka ee loo isticmaalo cawska daarada

Ilaalinta in cawskaagu ahaado mid adag oo caafimaad qaba ayaa ah habka ugu fiican ee aad isaga ilaalin karto isticmaalka sunta cayayaanka sida kuwa dila haramaha. Tixgeli inaad u dulqaadato qaar ka mid ah waxyaabaha aadan jeclayd, sida haramaha ku jira cawskaada.

Haddii aad u baahan tahay inaad isticmaasho alaabta xakamaynta cayayaanka:

- Hubi inaad si sax ah u aqoonsato cayayaanka iyo in cayayaanku ku qoran yahay calaamadda sunta.
- Akhri oo raac tilmaamaha ku yaalla calaamadaynta alaabta.
- Hubi in carruurta iyo xayawaanka rabaayada ah aysan u dhowayn markaad sunta u adeegsanayso kana ilaali ilmahaaga iyo xayawaankaaga aagga aad daawaysay muddadawakhtiga ku qoran calaamadda.
- Alaabta dareeraha ah, dooro maalin cimiladu deggantahay si ayan meelo kale u gaarin.
- Kabaha iyo wixii dhar ah iska siib kahor inta aadan guriga gelin adeegsiga kadib.
- Had iyo jeer ku kaydi sunta cayayaanka weelkooda asalka ah meel aysan gaaraynin ilmahaagu.

Waxay khusaysaa:

2,4-D

3-PBA,
4-F-3-PBA,
trans-DCCA,
cis-DCCA



Sunta cayayaanka ee cuntada dulsaaran

- Dhaq miraha iyo khudaarta kahor inta aan la cunin.
- Ka firso websaydkeena si aad u hesho hagitaan ku saabsan sida loo yareeyo soo gaarista hadhaaga sunta cayayaanka ee ku jirta cuntada.

Waxay khusaysaa:

2,4-D

IMPY TCPY

3-PBA,
4-F-3-PBA,
trans-DCCA,
cis-DCCA

Sida aad hoos ugu dhigi karto soo gaarista sunta cayayaanka (sii socota)



Sunta cayayaanka loo isticmaalo xayawaanka rabaayada ah

- Weydii dhakhtarka xoolahaaga inuu kaa caawiyo xulashada alaabta ugu habboon.
- Raac tilmaamaha ku qoran calaamadda oo weligaa ha ka badinin daaweynta xayawaankaaga rabaayada ah.

Waxay khusaysaa:

3-PBA,
4-F-3-PBA,
trans-DCCA,
cis-DCCA



Sunta cayayaanka ee ku jirta hawada ka timaada beeraha iyo guryaha deriska

Ilmahaaga iyo xayawaankaaga ku hay gudaha oo ay daaqaaduhu u xiranyihiin haddii aad ogtahay in meel idiin dhow lagu buufinayo sunta cayayaanka.

Haddii aad u malaynayso in ilmahaaga ay soo gaartay sunta cayayaanka oo dabaysha la socdaa, raac tillaabooyinkan:

- Wax ka qabo xaaladaha degdegga ah ee caafimaadka marka hore oo wac 911, haddii loo baahdo.
- Wac Nidaamka Xakamaynta Sunta ee Minnesota 24/7 800-222-1222 ama dhakhtar si loo go'aamiyo inay u baahan yihiin daryeel caafimaad.
- U soo sheeg dhacdada Waaxda Beeraha ee Minnesota: 651-201-6333. Dabayl raacinta sunta cayayaanka ayaa waxaa mamnuucaya sharciga Minnesota.

Waxay khusaysaa:

2,4-D
IMPY TCPY
3-PBA,
4-F-3-PBA,
trans-DCCA,
cis-DCCA



Sunta cayayaanka ee ku jirta Biyaha la Cabo

Biyaha ka imaanaya nidaamyada biyaha ee dadweynaha ayaa horay looga baaray sunta cayayaanka oo badan.

Haddii aad ka welwelsan tahay sunta cayayaanku in ay ku jirto ceelkaaga gaarka ah, tixgeli khatarta ceelkaaga:

- Sunta cayayaanku waxay u badan tahay inay ku jirto ceelasha ku yaallameelaha beeraha ah ee leh biyaha hoostiisa ku jirta oo u nugul. Waxaa websaydka ku jira khariidad nuglaanta biyaha.
- Ka baaritaanka Nitrate-ka ayaa waxay muujin kartaa haddii ay biyahaaga ku jiraan sunta cayayaanka. Saddex milligaraam litirkii nitrate ahba ama in ka badan, suurto galnimada ayaa sii korodha.
- Haddii aad ka welwelsan tahay sunta cayayaanka ee biyahaaga ku jirta, aaladaha daaweynta ee reverse osmosis (RO) ayaa waxay ka saaraan ku dhawaad dhammaan sunta cayayaanka marka si habboon loo dayactiro.

Waxay khusaysaa:

2,4-D
IMPY TCPY
3-PBA,
4-F-3-PBA,
trans-DCCA,
cis-DCCA

Sida aad hoos ugu dhigi karto soo gaarista sunta cayayaanka (sii socota)



Hadhaaga Sunta Cayayaanka ee Guriga laga Keenay Shaqada

- Raac hab-dhaqannada shaqada ee badbaadada ah oo raac tilmaamaha calaamaddaha alaabta.
- Ha keenin gurigaaga weelasha sunta cayayaanka ama cayayaanka shaqada.
- Shaqada kadib, beddelo dharkaaga iyo kabaha kahor inta aanad gelin gurigaaga iyo gaarigaaga. Qubayso kahor inta aanad taaban ilmahaaga.
- Ku dhaq dharka shaqada si ka gooni ah dharka kale.

Waxay khusaysaa:

2,4-D IMPY

PNP TCPY

3-PBA,
4-F-3-PBA,
trans-DCCA,
cis-DCCA

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