

BARNAAMIJKA TOXIC FREE KIDS

XAANSHIDA MACLUUMAADKA EE OLALAHA ISKUULKA KU LAABO

Xilliga iskuulka lagu noqonayo waa wakhti ku habboon in la iibsado lana isticmaalo alaabooyin ammaan ah. Isticmaalka alaabooyin ammaan ah waa muhiim, sababtoo ah waxay yareyn kartaa suurtagalnimada in ilmahaagu soo gaadho kiimikooyin waxyeello leh. Soo gaadhista kiimikooyinka qaarkood waxay keeni kartaa saameyn caafimaad oo xun.

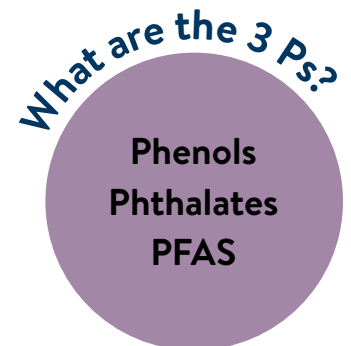
Soo-gaadhista kiimikooyinka waxay noqon kartaa khatar caafimaad oo ku wajahan carruurta yaryar:

- Carruurta waxay halis u yihiin kiimikooyin waxyeello leh oo ku jirta alaabta guriga iyo walxaha ciyaalka ku ciyaaraan, afka gashan karaan sida alaalaabey.
- Jidhka carruurta weli wuu korayaa, sidaas darteed waxay aad ugu nugul yihiin waxyeellada kiimikada ee sida u saamaysa caafimaadkooda.
- Carruurta waxay cunaan, cabbaan, oo neefsadaan wax ka badan dadka waaweyn marka loo eego miisaanka jirkooda.
- Carruurta ay soo-gaadhaan waxyeellada kiimikooyinka waxay halis ugu jiraan dib u dhac dhanka korriinka ah.

3-da P waa kiimikooyin waxyeello leh oo ay tahay in laga fogaado

Phenols, Phthalates, iyo PFAS waa saddex nooc oo kiimikooyin ah oo loo yaqaan 3Ps.

- **Phenols:** waa kiimikooyin “waxyeelleeya hab-dhiska qarjirrada” carqaladeeyana hormoonnada jirka, waxaana laga heli karaa noocyada alaabaha sida nadiifiyeyasha hawada, carfiyeyasha, gasacadaha birta ah, iyo weelasha caagga ah. Maadada Bisphenol A waxay keeni kartaa dhibaatooyin iyo waxyeellooyin caafimaad oo saameysa koritaanka carruurta, beerka, kelyaha, iyo tayroodhka.
- **Phthalates:** waa kiimikooyin loo isticmaalo in laga sameeyo bacaha lagana dhigo wax dabacsan oo waqti dheer jiri kara. Waxaa sidoo kale loo isticmaalaa walxaha la isku qurxiyo iyo agabyo kale oo badan. Waxayna carqaladayn karaan hormoonnada jirka, waxaana maadada phthalates laga heli karaa shaambo, carfiyeyaal, cadar, buufinta timaha, iyo ciddiyaha. Waxay la xiriiri karaan dhibaatooyin caafimaad sida cilladaha dhalashada, neefta oo sii xumaata, iyo cambaar.
- **PFAS:** PFAS waa koox kiimikooyin ah oo si weyn loo isticmaalayay tobannaan sano. PFAS aad bay u adkaysi badan yihiin, si fududna uguma burburaan deegaanka. Qaar ka mid ah PFAS waxay ku ururi karaan kuna sii jiri karaan jirka bini’aadamka sannado badan, laakiin heerarkoodu si tartiib ah ayey hoos ugu dhici karaan marka soo-gaadhistu joogsato. Saamaynta caafimaad ee aan aadka uga walaacsanahay ee dadka ka soo gaadhay PFAS waxaa ka mid ah dhibaatooyin la xiriira habka difaaca jirka, sida hoos u dhaca ka fal-celinta tallaalka, isbeddellada shaqada beerka sida kolestaroolka oo kordha iyo enzymes-ka beerka oo sare u kaca, iyo miisaanka xilliga dhalashada oo hooseeya.



Minnesota waxay yareynaysaa wasakhawga PFAS iyadoo xaddidaysa isticmaalka PFAS ee baakadaha cuntada, xumbada dab-damiska, iyo alaabta macaamiisha. Sharciga Amara ee hirgalay 2025 wuxuu mamnuucayaa 11 nooc oo badeecooyin ah oo ka samaysan walxaha PFAS, sida qalabka wax lagu karsado, waxyaabaha la isku qurxiyo, alaabta nadiifinta, iyo dharka. Wuxuuna meesha ka saarayaa isticmaalka aan muhiimka ahayn ee PFAS marka la gaaro 2032.

Tallaabooyin fudud ayaa kaa caawin kara yareynta soo-gaadhista kiimikooyinka khatarta ah ee ku jirta alaabta la isticmaalo

- Markaad iibsanaayso alaabta guriga, dooro kuwa aan lahayn kiimikooyin waxyeello leh, hubi calaamadaha badbaadada, kana fogow alaabtooyinka laga yaabo inay leeyihiin PFAS sida kuwa wasakhda celinaya, biyaha celinaya, ama aan rinjiga ku dhegayn.
- Nadiifinta joogtada ah iyo tirtiridda sagxadaha iyadoo la adeegsanayo maro qoyan waxay yareyn kartaa boodhka ay ku jiri karaan kiimikooyin waxyeello leh.
- Si sax ah u tuur alaabada leh kiimikooyinka waxyeellada leh si loo yareeyo wasakhawga iyo soo-gaadhista kiimikada ee mustaqbalka.

Khayraad Dheeraad ah

- [EPA | Children Are Not Little Adults \(https://www.epa.gov/children/children-are-not-little-adults\)](https://www.epa.gov/children/children-are-not-little-adults)
- [MDH | Reducing Exposures: Per- and Polyfluoroalkyl substances \(PFAS\) \(https://www.health.state.mn.us/communities/environment/hazardous/docs/pfassummary.pdf\)](https://www.health.state.mn.us/communities/environment/hazardous/docs/pfassummary.pdf)
- [MDH | Bisphenol A \(https://www.health.state.mn.us/communities/environment/childrenvhealth/docs/bpa.pdf\)](https://www.health.state.mn.us/communities/environment/childrenvhealth/docs/bpa.pdf)
- [MDH | Phenols \(https://www.health.state.mn.us/communities/environment/biomonitoring/docs/enpheninfohkmn.pdf\)](https://www.health.state.mn.us/communities/environment/biomonitoring/docs/enpheninfohkmn.pdf)
- [MDH | Phthalates \(https://www.health.state.mn.us/communities/environment/biomonitoring/docs/enphthinfohkmn.pdf\)](https://www.health.state.mn.us/communities/environment/biomonitoring/docs/enphthinfohkmn.pdf)
- [MDH | Phthalates \(https://www.health.state.mn.us/communities/environment/childrenvhealth/docs/phthalates2.pdf\)](https://www.health.state.mn.us/communities/environment/childrenvhealth/docs/phthalates2.pdf)
- [MPCA | 2025 PFAS prohibitions \(https://www.pca.state.mn.us/air-water-land-climate/2025-pfas-prohibitions\)](https://www.pca.state.mn.us/air-water-land-climate/2025-pfas-prohibitions)

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