



# Warbixinta Caafimaadka Deegaaneed

## Sida loo dhimo liqidda lama filaanta ah ee ciidda faddaraysan

May 2006

### Sidee ayay kuu taaban kartaa sunta ciidda ku jirtaa?

Inkastoo ay suurogal tahay in neefta lagu qaato boorka faddaraysan, waxaa taas ka walwal badan liqidda lama filaanta ah ee ciidda faddaraysan. Liqidda lama filaanta ah ee ciidda faddaraysan waxay iman kartaa marka ay waxqabadyada caadiga ahi faraheena iyo gacmaheena kaga tagaan ciid, sidaasoo ay ku kordhayso halista ah in sunta la liqi karo. Carruurta ku nool kuna ciyaarta meesha faddaraysan ayay faddaradu u taaban kartaa si ka badan dadka waaweyn. Carruurta ka yar da'da dugsiga ayaa u sii badan in ay faddaradu taabato sababtoo ah falalkooda badan ee isugeynta gacanta iyo afka. Boorka ka yimaadda ciidda faddaraysan waxaa loo qaadi karaa aqalka dhexdiisa isagoo saaran kabaha waxuuna ku dambayn karaa dhulka gudaha iyo shayada carruurta ku ciyaarto.

### Maxaad samayn kartaa oo aad kaga hortagi kartaa ama ku dhimi kartaa taabashada sunta?

*Gacmaha nadaafadda u ilaali.*

- ❖ Mayr gacmaha iyo wajiga carruurta, gaar ahaan ka hor waqtiga cuntada iyo hurdada. Ciddiyahoodu marwalba ha gaabnaadaan nadiifna ha ahaadaan. Nadiifi shayada carruurta ku ciyaarto ama waxyaabaha ay afka geshadaan.
- ❖ Waa in ay dadka waaweyni gacmahooda mayraan ka hor inta ayan carruurtooda cuntaysiin, sigaar cabbin, wax cunin ama wax cabbin.

*Isku day in aad boorka ciidda aqalka ka yarayso.*

- ❖ Kabaha iska saar marka aad gurigaaga gelayso si aadan gudaha ugu qaadin ciidda faddaraysan. Kabaha dibadda loo xidho dhig bannaanka albaabbada. Xusuusnow in xayawaanka guryaha lagu haystaa ay cagahooda ku soo gelin karaan boorka ciidda.
- ❖ Qalabka wasakhda nuuga ku nadiifi kaarbidyada, roogagga iyo dahaarka kuraasta. Ku nadiifinta joogtada ah ee qalabkaasi waxay horjoogsan doontaa badashada boorka.
- ❖ Maro qoyan boorka ku masax.
- ❖ Xoqid ku nadiifi marmarka iyo marmarka balaastiigga ah (linoleum) welibana mayr xakabadda daaqadaha.
- ❖ Maalmaha dabaysha leh xir daaqadaha, hadday ugu yaraato kuwa ku yaalla dhinaca dabayshu guriga ka qabanayso. Waxay taasi boorka u diidi doontaa in uu gudaha galo.
- ❖ Gacan-gashiyada iyo dharka beerta lagaga shaqeeyo gooni u mayr oo ha ku darin dharka qoyska.
- ❖ Miiraha qalabka kulsiinta 3dii biloodba mar beddel.

*Yaree waxqabadyada dibadda ee boorka kiciya.*

- ❖ Iniin ama caws ku beer meelaha deyrkaaga ka bannaan. Dhirta iyo cawsku waxay xajiyaan ciidda waxayna yareeyaan boorka hawada ku jira.
- ❖ Mashiinka cawska lagu jaro ha ku badin meelaha cawsku ku kala durugsan yahay waqtiyada uu dhulku engegsan yahay.
- ❖ Ka fogow ciyaarta baskiillada dhulka ciidda ah lagu wadto, baskiillada buuraha, isticmaalka ATV ama waxqabadyada kale ee xiisaha leh ee ciidda rogroga
- ❖ Ciidda ha qodin ama ha rogrogin. Haddii ay lagama maarmaan tahay, ciidda qoo si aad u yarayso boorka dhalanaya.

*Taxaddar gaar ah muuji marka aad beerta ka shaqaynayso ama miro-goynayso.*

- ❖ Isticmaal gacan-gashiyada beerta (saanta ayaa ka fiican marada) marka aad beerta ka shaqaynayso si aad boorka faddaraysan uga ilaaliso in uu ciddiyahaaga galo oo aad isaga yarayso halista ah in ciidda faraha iyo gacmaha taabata la liqi karo.

- ❖ Qalabka beerta lagaga shaqeeyo iyo gacan-gashiyada ku hay meel gaar ah oo ka mid ah garaashka ama cariishka.
- ❖ Qalabka si joogto ah u mayr.
- ❖ Dhirta loo isticmaalo ujeedooyin dhaqameed waa in dhammaanteed si taxaddar leh loo mayro, haddii xataa aanan cunto laga dhiganayn.
- ❖ Isticmaal talooyinkaas marka aad miro-goynayso geedaha duurka (isticmaal gacan-gashiyada qalabkana mayr).

*Carruurta u samee meel nabad ah oo ay ku ciyaaraan.*

- ❖ U samee sanduuq ciideed oo gudo leh kana buuxi ciid nadiif ah. Dabool marka aanan la isticmaalayn si aad boorka faddaraysan uga ilaaliso.
- ❖ Soo hel meelo kale oo ay carruurta ku ciyaarto.

*Cuntada si taxaddar leh u diyaari si aad sunta uga yarayso.*

- ❖ Si fiican u mayr una dhil dhammaan khudaarta guriga lagu beero ka hor inta aan kuwaas la cunin. Ama, haddii ay suurogal tahay, khudaarta ku beer sagxad sare oo ciid nadiif ah leh.
- ❖ Dhirta duurka si taxaddar leh uga mayr boorka ka hor inta aadan isticmaalin.

**Si aad warbixin dheeraad ah u hesho la xiriir:**

MDH/Site Assessment and Consultation (MDH/Baarista Goobta iyo Wadatashiga): (651) 201-4897 ama 1 (800) 657-3908, riix “4” oo fariin ka tag.

Si aad dukumeentigan qaab kale ugu codsato, soo wac (651) 201-5000, TDD: (651) 201-5797 ama, Adeegga Gudbinta ee Minnesota (Minnesota Relay Service) lambarka 1 (800) 627-3529.

Waxaa soo diyaarinta xaashidan warbixinta ka qayb qaadatay Hay’adda federaaliga ah ee Walaxyada Sunta ah iyo Diiwaanka Cudurrada (federal Agency for Toxic Substances and Disease Registry).



Waaxda Caafimaadka ee Minnesota (Minnesota Department of Health) ■ Qaybta Caafimaadka (Division of Health) ■ Cuntubka Baarista Goobta iyo Wadatashiga (Site Assessment and Consultation Unit)

651.201.5000, ama 1.800.657.3908, riix 0 ■ [www.health.state.mn.us](http://www.health.state.mn.us)

Haddii aad rabto in aad nuqul ka hesho xaashidan warbixinta “How to reduce accidental intake of contaminated soils” (Sida loo dhimo liqidda lama filaanta ah ee ciidda faddaraysan) kaasoo ku qoran af Sbaanish, Soomaali ama Hmong, fadlan booqo [www.epa.gov/region5/sites/cmcheartland](http://www.epa.gov/region5/sites/cmcheartland) ama la xiriir Cheryl Allen, Isu-duwaha ka Qayb-galka Bulshada ee EPA (EPA Community Involvement Coordinator) oo aad ka heli karto 312-353-6196 ama 800-621-8431 Khadka gaarka ah 36196. Haddii kale email ayaad iyada codsigaaga ugu diri kartaa halkan [allen.cheryl@epa.gov](mailto:allen.cheryl@epa.gov).