

Radonka Xarumaha Daryeelka Carruurta iyo Dhismayaasha aan Degganaanshaha ahayn

Iska ilaali adiga, shaqaalahaaga, iyo carruurta aad daryeesho adigoo tijaabinaya Radon-ka oo yareynaya heerkiisa haddii uu sarreeyo.

Waa maxay Radon?

Radon waa gaas aan lahayn midab iyo ur, wuxuuna yahay gaas raadiya'aktiif ah oo si dabiici ah uga yimaada ciidda. Wuxuu guryaha iyo dhismayaasha u soo galaa iyada oo uu dhex maro dildillaacyada iyo meelaha ciiddu ka muuqato ee ku yaal aasaaska dhismaha. Dhisme kasta—da'diisa, qaabka dhismaha, ama xaaladda ciidda ha ahaadee—wuxuu yeelan karaa heer sare oo Radon ah.

Radon waa walaac caafimaad sababtoo ah wuxuu keenaa kansarka sanbabada. Khatarta kansarka sanbabada waxay sii kordhaysaa marka heerka Radon-ka sareeyo iyo marka qofka uu muddo dheer u nuglaado. Radon waa sababta koowaad ee kansarka sanbabada ee dadka aan waligood sigaar cabbin, wuxuuna sidoo kale kordhiyaa khatarta dadka sigaarka caba. Maraykanka gudaheeda, waxaa lagu qiyaasaa in Radon-ku sababo qiyaastii 21,000 oo dhimasho oo kansarka sanbabada ah sanad walba. Carruurta waxay halis u sii noqon karaan sababtoo ah sanbabadooda oo ka duwan dadka waaweyn dhanka qaabka iyo cabbirka, iyo neefsashada oo degdeg ah.

Hay'adda Ilaalinta Deegaanka ee Mareykanka (EPA) waxay ku talineysaa in tallaabo la qaado si loo yareeyo Radon haddii heerkiisu gaaro ama ka bato 4 picocuries halkii litir (pCi/L). Minnesota gudaheeda:

- Heerarka Radon-ka ee gudaha celcelis ahaan waxay saddex jeer ka badan yihiin celceliska heerka qaranka.
- Qiyaastii 16% ee dugsiyada dadweynaha ee la tijaabiyey ayaa lahaa ugu yaraan hal qol oo lagu arkay heer Radon oo sare.

Sidee Radon-ka looga baaraa xarun ama dhisme aan degganaansho ahayn?

Xarumaha iyo barnaamijyada daryeelka carruurta ee qoysaska bulshada ku saleysan (loogu yeero “special family child care”) ee ka shaqeeya dhismayaal aan degganaansho ahayn waxay leeyihiin arrimo dheeraad ah oo ay tahay in la tixgeliyo marka la samaynayo tijaabada Radon. Tani waxay sabab u tahay inay lahaan karaan qolal badan, aasaasyo kala duwan, nidaamyo farsamo oo adag, iyo xaalado degganaansho oo isbeddelaya. Waxaa lagu talinayaa in la kireysto xirfadle Radon oo shatiga haysta si uu u sameeyo tijaabada, taasoo lagu hubinayo in tijaabadu noqoto mid sax ah oo dhammeystiran. Tijaabo waa in la sameeyaa ugu yaraan 5-kii sanaba mar, ama hore haddii ay dhacaan isbeddelo saameyn kara nuglaanta Radon ama haddii la rakibo nidaam Radon.

Tijaabooyinka muddo-gaaban (2 ilaa 5 maalmood) ayaa sida caadiga ah la adeegsadaa. Inta lagu jiro tijaabada Radon, daaqaadaha iyo albaabada bannaanka waa in la xiraa (marka laga reebo furitaanka caadiga ah ee galidda iyo bixidda). Waxaa ugu wanaagsan in tijaabada lagu sameeyo maalmaha ay xarunta daryeelka carruurta shaqeyneyso. Haddii taas la heli waayo, tijaabada waa in lagu sameeyaa maalmo ay nidaamyada kuleylka, hawo-wareejinta, iyo qaboojinta u shaqeynayaan sidii meesha loogu talagalay in la deggenaado. Xirfadlaha Radon wuxuu tijaabin doonaa dhammaan qolalka la degan yahay ama loo qorsheeyay in la deganaado ee taabanaya dhulka, 10% qolalka dabaqyada sare, iyo sidoo kale qolal kale haddii loo baahdo. Waxa kale oo uu samayn doonaa tijaabooyin lagu hubinayo tayada iyo saxnaanta qalabka tijaabada.

Haddii natiijada tijaabada hore ay noqoto inta u dhaxaysa 2.0 ilaa 3.9 pCi/L, waxaa habboon in la sameeyo tijaabooyin dheeraad ah. Sidoo kale, tixgeli in aad tijaabiso xilliga jiilaalka haddii tijaabada hore ay ahayd mid hoose oo lagu sameeyay bannaanka xilliga kuleylka.

Haddii qol kasta uu yeesho natiijo tijaabo oo ah 4 pCi/L ama ka badan, waa in si degdeg ah loo sameeyaa tijaabo xigta (ama toos loogu dhaqaaqo yareynta Radon-ka). Xirfadle Radon ah ayaa adeegsan kara qalab cabbira Radon si joogto ah, oo la socda heerarka saacaddiiba mar, si loo ogaado haddii heerarka sare ay jiraan inta xarunta la deggen yahay. Nidaamyada hawo-wareejinta waxay keeni karaan in heerarka Radon ay sare u kacaan habeenkii marka dhismuhu madhan yahay, ayna hoos u dhacaan maalintii marka xaruntu shaqeyneyso. Haddii heerarka Radon ay hooseeyaan inta lagu jiro saacadaha shaqada ee xarunta daryeelka carruurta, looma baahna in la sameeyo yareynta Radon.

Sidee baa loo yareeyaa heerarka Radon-ka?

Si loo yareeyo Radon-ka, kireyso xirfadle haysta shatiga yareynta Radon. Yareynta Radon waxay ka koobnaan kartaa rakibidda tuubo hawo-mareen ah iyo marawaxad si hawada looga soo jiido ciidda loona sii daayo bannaanka, taasoo ka hortagta in Radon uu soo galo dhismaha. Dhismayaasha ganacsiga, waxaa sidoo kale loo adeegsan karaa habab kale sida qalab farsamo oo hawada gudaha lagu khafiifiyo ama cadaadis lagu saaro hawada gudaha ama ciidda hoosteeda.

Ujeeddada nidaamka yareynta Radon-ka waa in la dhimo heerarka Radon ee gudaha si ay uga hooseeyaan heerka tallaabada ee ah 4.0 pCi/L. Nidaamyo badan ayaa hoos u dhiga heerarka Radon ilaa ka yar 2.0 pCi/L, sidaas darteed waxaa habboon in la tixgeliyo yareynta xitaa marka heerarku u dhexeeyaan 2 ilaa 3.9 pCi/L. Kadib marka nidaamka yareynta la rakibo, waxaa muhiim ah in lagu sameeyo tijaabo 30 maalmood gudahood si loo xaqiijiyo in Radon-ku si dhab ah hoos ugu dhacay. Waxaa lagu talinayaa in dib loo tijaabiyo qiyaastii 2-dii sanaba mar, ama horay haddii ay dhacaan isbeddello waaweyn oo saameyn kara heerarka Radon-ka. Isbeddelladaas waxaa ka mid noqon kara dib-u-dhis weyn, wax ka beddelka nidaamyada kuleylka, hawo-wareejinta ama qaboojinta, ama furitaan cusub oo u dhow ciidda. Tijaabooyinkan waxay xaqiijinayaan in heerarka Radon ay weli hooseeyaan si badqabka dadka lagu sugo.

Ilooyinka

- MDH waxay hayaan liisaska xirfadlayaasha Radon ee shatiga haysta [licensed radon professionals](https://www.health.state.mn.us/communities/environment/air/radon/findprof.htm) (<https://www.health.state.mn.us/communities/environment/air/radon/findprof.htm>).
- MDH waxay si bilaash ah u fuliyaan kormeerida nidaamyada yareynta Radon ee dhawaan la rakibay.

- La xiriir Waaxda Hawada Gudaha ee MDH si aad uga codsato bandhigyo iyo wacyigelin ku saabsan Radon oo loogu talagalay xarumaha daryeelka carruurta.
- Wixii faahfaahin dheeraad ah, booqo bogga Radon ee MDH [MDH radon \(mn.gov/radon\)](https://mn.gov/radon).

Su'aalaha la xiriira mashruuca casriyeynta xeerarka daryeelka carruurta waxaa loo gudbin karaa Wasaaradda Adeegyada Aadanaha ee Minnesota [MN Department of Human Services \(https://mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-education/child-care-regulation-modernization.jsp\)](https://mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-education/child-care-regulation-modernization.jsp). Barnaamijyada daryeelka carruurta ee qoyska ku shaqeeya guryaha waa inay akhriyaan xaashida xaqiiqada ah: *'Radon ee Daryeelka Carruurta ee Qoyska ku Shaqeeya Guryaha'*.

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02/12/2025

Si aad u hesho macluumaadkan iyadoo qaab kale ah, wac: 651-201-4933