

Sunta cayayaanka (Pesticides)

Maxaanu u cabbirnay sunta cayayaanka ee ku jira carruurta?

Waxaa jira noocyo badan oo sunta cayayaanka ah oo loo isticmaali karo beeraha, ama gudaha iyo hareeraha guriga si looga hortago cayayaanka. Qaar ka mid ah sunta cayayaanka ayaa waxaa laga yaabaa inay waxyeelleeyaan nidaamka dareenka neerfaha, in ay farageliyaan heerarka hoormoonka dabiiciga ah ee jirka ama waxay kordhiyaan halista kansarka. Dhallaanka iyo carruurta waxay inta badan aad ugu nugul yihiin waxyeelada sunta cayayaanka marka loo eego dadka waaweyn.

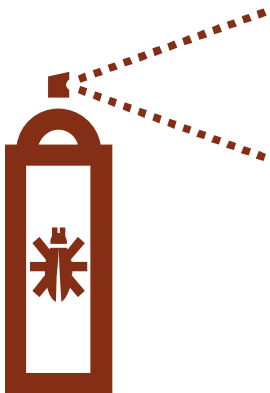
Healthy Kids ayaa waxay cabbireen 5 nooc: **organophosphates oo ay ku jiraan chlorpyrifos iyo malathion; 2, 4-D; pyrethroids oo ay ku jiraan permethrin; mancozeb iyo karbaryl.**

Sidee ayay caruurta ku soo gaartaa sunta cayayaanka ee lagaga baaray Kids Healthy? Sideed uga ilaalin kartaa?

SIDEE: Neefsashada ama taabashada sunta cayayaanka ee loo isticmaalo in lagu daweyo cayayaanka gudaha guriga

MAXAAD SAMAYN KARTAA:

- Gurigaaga ka dhig mid aan soo dhawaynayn cayayaanka adiga oo qaadaya tillaabooyinka soo socda:
 - Kala yaree alaabta daadsan, daboolka ku dheji daasadaha qashinka oo maran maran badan soo daadi qashinka, si dhakhso ah u nadiifi cuntada daadatay, oo ku kaydi cuntada weel daboolan.
 - Xir godadka iyo dildilaacyada meesha ay cayayaanku ka soo gali karaan dhismaha.
 - Daaqadaha iyo albaabada cimilo ka awd. Ka hubi seeska guriga dildilaaca iyo daldaloolada.
 - Hagaaji daadinta tuubooyinka iyo qayaanka qolalka hoose (basements). Ka saar biyaha taagan.
- Haddii aad u baahan tahay inaad isticmaasho alaabta xakamaynta cayayaanka:
 - Had iyo jeer akhri oo raac tilmaamaha ku yaalla calaamadaynta alaabta.
 - Marka hore tijaabi nooc suntu ku yarahay: <https://bit.ly/2TXNuS5>
 - Dooro dabinka iyo jel. Way ka xaddiditaan badan yihiin kuwa lagu buufiyo. Dhig dabinka iyo jelka meel aanay ilmahaagu ama xayawaanku taaban karin.
 - Hubi hawo soo gelin wanaagsan haddii aad isticmaasho kuwa la buufiyo.
 - Ku hay ilmahaaga, xayawaanka, alaabta lagu ciyaaro, koobabka ilmuhu wax ku cabo, dharka, iwm. meel ka fog aagga la daweyay.



- Haddii dhibaataada cayayaanku ay daran tahay, tixgeli inaad kiraysato daaweeye shahaadaysan.
- Had iyo jeer ku kaydi sunta cayayaanka weelkooda asalka ah meel aysan gaaraynin ilmahaagu: <https://bit.ly/2RxBbPv>
- Haddii aad kiraysato, weydii mulkiilahaaga inuu ku soo ogeysiyo kahor inta aan sunta cayayaanka lagu isticmaalin gurigaaga ama meelaha la wadaago.
- Sidoo kale eeg Badbaadada Sunta Cayayaanka ee Waaxda Beeraha ee Minnesota Hagaha Milkiilayaasha Guryaha: <https://bit.ly/3obz0Qo>

SIDEE: Neefsashada ama taabashada sunta cayayaanka ee loo isticmaalo in lagu daweeyo cawska iyo haramaha

MAXAAD SAMAYN KARTAA:

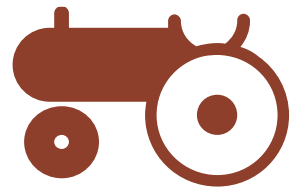
- Raac tilmaamahan si aad u hesho caws caafimaad leh oo aan loo adeegsan sunta cayayaanka: <https://bit.ly/2T25wCA>
- Haddii ay qasab tahay inaad u isticmaasho sunta cayayaanka: <https://bit.ly/2DgULH9>
 - Had iyo jeer akhri oo raac tilmaamaha ku yaalla calaamadaynta alaabta.
 - Hubi in ilmahaaga iyo xayawaanku aasan ag joogin markaad u adeegsanayso.
 - Ka ilaali ilmahaaga iyo xayawaankaaga aagga aad daawaysay muddada wakhtiga ku qoran calaamadda.
 - Kabaha iyo wixii dhar ah ee wasakhaysan iska siib kahor inta aadan guriga gelin ka dib adeegsiga.
- Had iyo jeer ku kaydi sunta cayayaanka weelkooda asalka ah meel aysan gaaraynin ilmahaagu.



SIDEE: Ku neefsashada ama taabashada sunta cayayaanka ee dabayshu wado ee ka yimaada beeraha ama guryaha deriska ah

MAXAAD SAMAYN KARTAA:

- Ilmahaaga iyo xayawaankaaga ku hay gudaha oo ay daaqaduhu 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: <https://bit.ly/2VfLTHY>
 - Ka fogee sunta cayayaanka.
 - Wac Nidaamka Xakamaynta Sunta ee Minnesota 24/7 (800)222-1222 ama dhakhtar si loo go'aamiyo inay u baahan yihiin daryeel caafimaad.
 - Iska saar dharka, koofiyadaha iyo kabaha sida ugu dhakhsaha badan, oo ku kaydi weel hawadu ka xirantahay adiga oo aan maydhin.
 - Ku dhaq saabuun iyo biyo qaybaha jirka ee taabtay sunta cayayaanka. Biyo raaci indhaha haddii ay indhuhu ku cuncunayaan.
 - U soo sheeg dhacdada Waaxda Beeraha ee Minnesota: 651-201-6333. Dabayl raacinta sunta cayayaanka ayaa waxaa mamnuucaya sharciga Minnesota.



SIDEE: Soo gaarista sunta cayayaanka ee dharka iyo kabaha shaqada ee waalidka

- MAXAAD SAMAYN KARTAA:**
- U beddello dhar nadiif ah oo iska siib kabaha shaqada kahor inta aanad gelin gurigaaga iyo gaariga qoyska. Qubayso kahor inta aanad taaban ilmahaaga.
 - Ku dhaq dharka shaqada si ka gooni ah dharka kale: <https://bit.ly/2W2NQse>
 - Ha keenin gurigaaga weelasha sunta cayayaanka ama sunta cayayaanka ee shaqada.

SIDEE: Cunista haraaga sunta cayayaanka ee cuntooyinka dulsaaran

- MAXAAD SAMAYN KARTAA:**
- Waa fikrad wanaagsan in la dhaqo miraha iyo khudaarta kahor inta aan la cunin. Dawladda Maraykanku waxay ka baartay cuntooyin badan hadhaaga sunta cayayaanka waxayna ogaatay in ku dhawaad dhammaan heerarka haraagu ay ka hooseeya an heerarka federaalka: <https://bit.ly/2TZEUSX>
 - Haddii aad rabto inaad yarayso hadhaaga sunta cayayaanka ee kaa soo gaarta cuntooyinka, hay'ad aan faa'iido-doon ahayn ayaa waxay taxdaa miraha iyo khudaarta kuwa uu hadhaagu ugu badanyahay iyo kuwa uu ugu yaryahay: <https://bit.ly/2HaLLpU>, <https://bit.ly/2GQIZT4>. Daraasadaha qaarkood ayaa waxay heleen in heerar hoose oo sunta cayayaanka qaarkood ahi ay kaadida carruurta ku jirto marka ay cuneen cuntada dabiiciga ah/orgaanik halkii ay ka cuni lahaayeen cuntooyinka caadiga ah.

