Healthy Kids
Macluumaadka sunta cayayaanka

DEPARTMENT OF HEALTH

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 waxyeeleeyaan 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?

Sunta Cayayaanka ee laga baaray kaadida ilmahaaga

Sunta cayayaanka ayaa isu beddeli karta kiimikooyin la xiriira marka ay galaan jirka. Waxaan ku tilmaannaa kuwan "waxyaabaha ka dhasha burburka." Healthy Kids Minnesota waxay ka baartay kaadida ilmahaaga inay ku jiraan sunta cayayaanka iyo walxaha ka dhasha burburka suntaas. Kiimikooyinkan waxay leeyihiin magacyo dhaadheer, sidaa darteed waxaan u isticmaalnaa soo-gaabin caadi ah warqadda natiijada ilmahaaga.

Wixii macluumaad dheeraad ah ee ku saabsan magacyada kiimikada oo dhammaystiran, fadlan booqo:
health.mn.gov/HealthyKidsResults

Magaca	Siyaabaha ugu badan ee loo isticmaalo	Siyaabaha ugu badan ee ay carruurta ku soo gaaraan
2,4-D	• Waxay xakameysaa haramaha beeraha. • Waxay xakameysaa haramaha ku jira cawska guriga	Cunista cuntada Isticmaalka beeraha ee u dhow Ku ciyaarista cawska la daaweeyay iyo garoomada cawska leh (barxadaha dugsiyada, goobaha ciyaarta)
Glyphosate **AMPA** Alaabta ka dhalata burburka glyphosate-ka	• Waxay xakameysaa haramaha beeraha. • Waxaa lagu buufiyaa waddooyinka gaadiidka, barxadaha, iyo meelaha kale ee bannaanka si loogu daaweeyo meelaha ay ka baxaan haramaha. • Waxaa loo isticmaalaa harooyinka si loo xakameeyo cawska biyaha	Cunista cuntada Isticmaalka beeraha ee u dhow Taabashada meelaha la daaweeyay ee barxadda
Organophosphates **IMPY** Alaabta ka dhalata burburka diazinon-ka **TCPY** Alaabta ka dhalata burburka chlorpyrifos-ka iyo chlorpyrifos-methyl **MDA** Alaabta ka dhalata burburka malathion-ka	• Xakamee cayayaanka beeraha • Malathion-ka waxaa sidoo kale loo isticmaali karaa beeraha guriga iyo geedaha midhaha dhala, waxaana lagu buufin karaa hareeraha iyo bannaanka guryaha ama dhismayaasha. • Chlorpyrifos-ka waxaa sidoo kale loo isticmaalaa qalabka lagu dabino quraanjada iyo baranbarada ee guriga, kuwaas oo ku jira baakado aan si fudud loo furi karin – mana loo oggolaan isticmaal kale oo guriga dhexdiisa ah.	Cunista cuntada Isticmaalka beeraha ee u dhow Taabashada meelaha la daaweeyay ee barxadda ama meelaha ay carruurtu ku ciyaaraan

Magaca	Siyaabaha ugu badan ee loo isticmaalo	Siyaabaha ugu badan ee ay carruurta ku soo gaaraan
Pyrethroids **3-PBA** Alaabta ka dhalata burburka cyhalothrin, cypermethrin, deltamethrin, fenopropathrin, permethrin, iyo tralomethrin **4-F-3-PBA** Alaabta ka dhalata burburka cyfluthrin-ka **trans-DCCA** **cis-DCCA** Waxyaabaha ka dhasha burburka cypermethrin, cyfluthrin, iyo permethrin	• Xakamee cayayaanka beeraha • Xakamee cayayaanka guriga iyo barxadda ama beerta dhexdeeda. • Waxaa loo isticmaalaa xayawaanka rabaayadda ah iyada oo loo marayo alaabada looga hortago boodada iyo shillinta (sida qoorta la geliyo, buufinnada, iyo dawooyinka dusha laga mariyo). • Waxaa lagu buufiyay hareeraha dibadda ee guriga. • Waxaa lagu buufiyay xaafadaha dadku deggan yihiin si loo xakameeyo kaneecada qaangaarka ah.	Cunista cuntada Isticmaalka beeraha ee u dhow Ku ciyaarista cawska la daaweeyay, meelaha kale ee barxadda, iyo garoomada cawska leh (sida barxadaha dugsiyada iyo goobaha ciyaarta) La-falgalidda xayawaanka guriga lagu haysto
Neonicotinoids **Dinotefuran** **Acetamiprid** **Thiacloprid** **Clothianidin** Waa labadaba badeecad ka dhalata burburka sunta cayayaanka ee thiamethoxam iyo sun cayayaan oo iyadu gaar u taagan. **5-OH-IMI** Alaabta ka dhalata burburka imidacloprid-ka **6-CNA** Alaabta ka dhalata burburka imidacloprid iyo acetamiprid	• Xakamee cayayaanka beeraha • *Thiacloprid laguma isticmaali karo dalagyada Mareykanka, balse waxaa laga yaabaa inuu ku jiro cuntooyinka dibadda laga keeno.* • Xakamee cayayaanka guriga dhexdiisa • Waxaa loo isticmaalaa xayawaanka rabaayadda ah iyada oo loo marayo alaabada looga hortago boodada iyo shillinta (sida qoorta la geliyo, buufinnada, iyo dawooyinka dusha laga mariyo). • Waxaa loo isticmaalaa cawska, geedaha, geedaha yaryar, iyo beeraha ku yaalla barxadaha guryaha iyo goobaha kale ee bannaanka ah. • Waxaa lagu buufiyay hareeraha iyo daafaha dibadda ee guryaha ama dhismayaasha.	Cunista cuntada Isticmaalka beeraha ee u dhow Biyo la cabbo Taabashada meelaha guriga dhexdiisa ah ee la daaweeyay La-falgalidda xayawaanka guriga lagu haysto Ku ciyaarista cawska la daaweeyay, meelaha kale ee barxadda, iyo garoomada cawska leh (sida barxadaha dugsiyada iyo goobaha ciyaarta)
Sulfoxaflor	• Waxay xakameysaa cayayaanka beeraha.	Cunista cuntada Isticmaalka beeraha ee u dhow

Magaca	Siyaabaha ugu badan ee loo isticmaalo	Siyaabaha ugu badan ee ay carruurta ku soo gaaraan
PNP Kala-soocidda wax soo saarka laba sunta cayayaanka ee organophosphate (methyl iyo ethyl parathion) oo aan hadda laga isticmaalin Mareykanka ama loo oggolayn cuntada; sidoo kale waxay leedahay ilo kale	• Waxaa hawada ka samaysma natiijo ka dhalatay gubashada shidaalka. • Alaabta ka dhalata burburka nitrobenzene-ka, oo ah kiimiko warshadeed	Neefsashada qiiqa gaadiidka Ku noolaanshaha meel u dhow waddooyin ay gaadiidku aad ugu badan yihiin

Sida aad hoos ugu dhigi karto soo gaarista sunta cayayaanka

Sunta cayayaanka loo isticmaalo guriga dhexdiisa

Waxay khusaysaa: TCPY, 3-PBA, 4-F-3-PBA, trans-DCCA, cis-DCCA, Dinotefuran, Acetamiprid, Thiacloprid, Clothianidin, 5-OH-IMI, 6-CINA

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 daaqadaha.
- Ku hay ilmahaaga, xayawaanka, alaabta lagu ciyaaro, dharka, iwm. meel ka fog aagga la daweeyay.
- Iska daaya adeegsiga kiimikada ceeryaamada ah ama bambooyinka cayayaanka (foggers or bug bombs).
- Haddii dhibaatada cayayaanku ay daran tahay, tixgeli inaad soo kiraysato daaweeye shahaadaysan.
- Had iyo jeer ku kaydi sunta cayayaanka weelkooda asalka ah meel aysan gaaraynin ilmahaagu.

Sunta Cayayaanka ee lagu isticmaalo Beeraha Cawska iyo Beeraha Guriga

Waxay khusaysaa: 2,4-D, Glyphosate, MDA, 3-PBA, 4-F-3-PBA, trans-DCCA, cis-DCCA, Dinotefuran, Acetamiprid, Thiacloprid, Clothianidin, 5-OH-IMI, 6-CINA

Raacitaanka hababka maamul ee wanaagsan (sida doorashada goobta ku habboon, waraabinta, iyo daryeelka ciidda) ayaa ah habka ugu wanaagsan ee lagu yareyn karo isticmaalka sunta cayayaanka ee lagu shubo cawska iyo beeraha. Tixgeli inaad u dulqaadato joogitaanka waxyaabaha dhibka leh ee beertaada, sida haramaha.

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

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.

Sunta cayayaanka ee cuntada dulsaaran

Waxay khusaysaa: 2,4-D, Glyphosate, AMPA, IMPY, TCPY, MDA, 3-PBA, 4-F-3-PBA, trans-DCCA, cis-DCCA, Dinotefuran, Acetamiprid, Thiacloprid, Clothianidin, 5-OH-IMI, 6-CINA, Sulfoxaflor

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

Sunta cayayaanka loo isticmaalo xayawaanka rabaayada ah

Waxay khusaysaa: 3-PBA, 4-F-3-PBA, trans-DCCA, cis-DCCA, Dinotefuran, Acetamiprid, 5-OH-IMI

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

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

Waxay khusaysaa: 2,4-D, Glyphosate, AMPA, IMPY, TCPY, MDA, 3-PBA, 4-F-3-PBA, trans-DCCA, cis-DCCA, Dinotefuran, Acetamiprid, Clothianidin, 5-OH-IMI, 6-CINA, Sulfoxaflor

Ilmahaaga iyo xayawaankaaga ku hay gudaha oo ay daaqaduhu u xiranyihiin haddii aad ogtahayin 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.

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

Sunta cayayaanka ee ku jirta Biyaha la Cabo

Waxay khusaysaa: 2,4-D | IMPY | TCPY | Dinotefuran | Acetamiprid | Clothianidin | 5-OH-IMI | 6-CINA

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:

- Kiimikooyinka cayayaanka lagu dilo ayaa aad ugu badan kara ceelasha ku yaalla meelaha ay ka jiraan ama ay ka jiri jireen hawlo beeroleed iyo xaalado juqraafiyeed oo u oggolaanaya in kiimikooyinkaasi ay si fudud u gaaraan biyaha dhulka hoostiisa ku jira.
- Heerarka Nitrate-ka ee ka sarreeya 3 milligram halkii litir ee biyaha ceelka ayaa laga yaabaa inay tilmaamaan suurtagalnimada sare ee jiritaanka sunta cayayaanka.
- 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.

Hadhaaga Sunta Cayayaanka ee Guriga laga Keenay Shaqada

Waxay khusaysaa: 2,4-D | Glyphosate | AMPA | IMPY | TCPY | MDA | 3-PBA | 4-F-3-PBA | trans-DCCA | cis-DCCA | Dinotefuran | Acetamiprid | Clothianidin | 5-OH-IMI | 6-CINA | Sulfoxaflor

- 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.

www.health.mn.gov
Si aad macluumaadkan ugu hesho qaab kale, email u soo dir:
health.biomonitoring@state.mn.us

Waaxda Caafimaadka ee Minnesota
Minnesota Department of Health
Biomonitoring Program
625 Robert St N, PO BOX 64975
St. Paul, MN 55155-2538

Si aad u hesho macluumaad dheeraad ah iyo agab, fadlan soo booqo boggeena:
health.mn.gov/healthykidsmn