

Macluumaadka Kiimikooyinka Deegaanka (Environmental Phenols) ee **Healthy Kids**

Kiimikooyinka deegaanka (Environmental Phenols)

Kids Healthy Minnesota waxay kaadida ilmahaaga ka baartay laba iyo toban kiimikooyinka phenols ee deegaanka. Kiimikooyinkan waxaa caadi ahaan loo isticmaalaa alaabta aan soo iibsanno, alaabta guriga, iyo baakadaynta cuntada iyo cabitaanada. Isticmaalkooda oo baahsan awgeed, kiimikooyinka phenols ee deegaanka ayaa caadi ahaan laga helaa jirka dadka.

Qaar badan oo ka mid ah kiimikooyinka phenols ee deegaanka ayaa loo tixgaliyaa in ayyihiin kiimikooyin “carqaladeeya nidaamka qanjidhada” (“endocrine- disrupting”) Taas macnaheedu waa waxay saameeyaan hormoonnada dabiiciga ah ee jirka. Isbeddelka hoormoonadu waxay saamayn karaan korriinka dhallaanka iyo carruurta. Si kastaba ha ahaatee, in kiimikooyinka phenols laga helo kaadida ilmuhu waa wax aad u dhacda, macnaheeduna maaha in caafimaadkooda 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 Minnesota: Macluumaadka Kiimikooyinka iyo Khayraadka](#)

Kiimikooyinkan Phenols ee Laga Baaray Kaadida Ilmahaaga

Benzophenone-3 (sidoo kale loo yaqaano oxybenzone)

Waa maxay isticmaalkooda ugu muhiimsan?

- Qaar ka mid ah daawada qorraxda laga marsado
- Alaabta daryeelka Shakhsi Ahaaneed (sida waxyaabaha jirka lagu mayrto, waxyaabaha lagu subkado)
- Caagadaha
- Dhalaaliyaha/nuurinta iyo rinjiga saliid ku salaysan

Maxay yihiin siyaabaha ugu badan ee carruurta ay ku soo gaaraan?

U Isticmaalka daawada qorraxda laga marsado iyo alaabta daryeelka shakhsi ahaaneed

Triclosan, Triclocarbon

Waa maxay isticmaalkooda ugu muhiimsan?

Waxaa loo isticmaalaa in laga yareeyo koritaanka bakteeriyada, fungi, iyo caariyaysiga:

- Alaabta caruurta ku ciyaarto, alaabta ciyaaraha isboortiga, dharka
- Qaar ka mid ah alaabta daryeelka shakhsi ahaaneed (sida daawada cadayga, saabuunta, looshinnada)
- Alaabta guriga/qalabka guriga

Maxay yihiin siyaabaha ugu badan ee carruurta ay ku soo gaaraan?

U isticmaalka daawada lagu dilo bakteeriyada iyo cayayanka ili ma qabatayga ah (timicrobial)

Kiimikooyinkan Phenols ee Laga Baaray Kaadida Ilmahaaga sii socota

Bisphenol A, Bisphenol F, Bisphenol S

Waa maxay isticmaalkooda ugu muhiimsan?

Waxaa loogu isticmaalaa dahaarka ilaaliya in ay u noqoto:

- Gasacadaha cuntada iyo cabitaanka ee birta ah
- Qaar ka mid ah rasiidhada waraaqda ah

Waxaa loogu isticmaalaa caagaga:

- Alaabta guriga (sida caagagga cuntada, weelasha wax lagu kaydiyo)
- Qalabka dhismaha (sida shamiitada (grout), sagxadaha laminateerada (lamine flooring))

- Qaar ka mid ah waxyaabaha lagu hadaadho ilkaha/buuxiyo

Maxay yihiin siyaabaha ugu badan ee carruurta ay ku soo gaaraan?

- Cunista cuntada qasacadaysan ama cabbista cabitaanka qasacadaysan
- Cunista cuntada/biyaha lagu ku jira ama microwave-ka lagu kululeeyey iyada oo ku jira weelasha caag ah qaarkood

Methyl paraben, Ethyl paraben, Propyl paraben, Butyl paraben

Waa maxay isticmaalkooda ugu muhiimsan?

Waxaa loo isticmaalaa in laga ilaaliyo in ayna xumaanin:

- Alaabta daryeelka shakhsiyeed (sida looshannada, daawada qorraxda laga marsado, shaambooyinka, nadiifiyayaasha maqaarka, masaxarada dhallaanka lagu nadiifiyo, waxyaalaha la isku qurxiyo)
- Alaabta daryeelka shakhsiyeed (sida looshannada, daawada qorraxda laga marsado, shaambooyinka, nadiifiyayaasha maqaarka,

masaxarada dhallaanka lagu nadiifiyo, waxyaalaha la isku qurxiyo)

- Cuntooyinka qaarkood iyo baakadaha cuntada qaarkood
- Daawooyinka qaarkood

Maxay yihiin siyaabaha ugu badan ee carruurta ay ku soo gaaraan?

- Istickmaalka alaabta daryeelka shakhsi ahaaneed
- Cunista cuntada

2,4-dichlorophenol and 2,5-dichlorophenol

Waa maxay isticmaalkooda ugu muhiimsan?

- 2,4-dichlorophenol waxaa loo isticmaalaa in la sameeyo kiimikooyin kale. Sidoo kale waa qurubyada/jajabka triclosan (kiimikada phenol ah oo kale oo deegaanka ku jirta) iyo sunta cayayaanka 2,4-D.
- 2,5-dichlorophenol waa squrubyada/burburka kiimiko loo isticmaalo dawooyinka balanbaalista (moth) (moth balls, crystals, flakes, and bars). Waxaa kale oo lagu isticmaalaa qolalka guriga, weelka qashinka, iyo nadiifiyayaasha musqusha.

- Waxay samaysantaa inta lagu guda jiro qaar ka mid ah noocyada wax soo saarka iyo gubista qashinka ee minishiibiyada, dhuxusha, iyo xaabada.

Maxay yihiin siyaabaha ugu badan ee carruurta ay ku soo gaaraan?

Ku isticmaalka qolalka guriga, weelka qashinka, iyo nadiifiyayaasha musqusha.

Sida aad hoos ugu dhigi karto soo gaarista kiimikooyinka Phenols



Cuntada/Cabitaanada ku jira gasacadaha birta iyo weelasha caaga ah

Waxay khusaysaa A, F, iyo S

Siyaabaha aad hoos ugu dhigi karto soo gaarista ilmahaaga

- Dooro cunto darayga ah ama barafaysan intii aad dooran lahayd cuntada qasacadaysan, haddii ay suurtoagal tahay.
- Dooro cuntada ama cabitaanada ku jira weelka quraarada halkii aad dooran lahayd gasacadaha birta ah. Ha ku kululayn cuntada gasacadaha birta ah.
- Ku kaydi hadhaaga cuntada weelasha birta qalinka ah (stainless steel) ama birta ah halkii aad caag ku kaydin lahayd.
- Cuntooyinka microwave-ka aad kukululaynayso ku rid weel dhoobo ah ama quraarad ah oo aan ahayn weel caag ah.



Alaabta daryeelka Shakhsi Ahaaneed

Waxay khusaysaa benzophenone-3, parabens, triclosan, triclocarbon

Siyaabaha aad hoos ugu dhigi karto soo gaarista ilmahaaga

- Akhri calaamadaha alaabta daryeelka shakhsi ahaaneed. Dooro kuwa liiska walxaha ay ka samaysantahay ayna ku jirin parabens, benzophenone-3 (oxybenzone), triclosan, ama triclocarbon.
- Dooro daawada qorraxda qoraxda laga marsado ee leh zinc oxide iyo/ama titanium dioxide oo ah maaddooyin firfircoon, kuwaas oo jir ahaan xannibaya qorraxda (halkii ay kiimiko ahaan u xannibi lahaayeen qorraxda).



Alaabada wax lagu nadiifiyo iyo alaabada guriga ee ay ku jirto daawada lagu dilo bakteeriyada iyo cayayanka ili ma qabatayga ah (timicrobial)

Waxay khusaysaa triclosan, triclocarbon

Siyaabaha aad hoos ugu dhigi karto soo gaarista ilmahaaga

- Akhri calaamadaha alaabta nadiifinta. Dooro kuwa liiska walxaha ay ka samaysantahay ayna ku jirin triclosan ama triclocarbon.
- Iska ilaali ama xaddid isticmaalka alaabta guriga ama dharka ee lagu suuqgeeyo in ay yihiin “antimicrobial” ama “antibacterial”, oo laga yaabo inay ku jiraan triclosan ama triclocarbon.

Sida aad hoos ugu dhigi karto soo gaarista Kiimikooyinka Phenols sii socota



Hawo carfiyeyaasha, alaabada urka qarisa, alaabada lagaga hortago balanbaalista (moth)

Waxay khusaysaa 2,5-dichlorophenol

Siyaabaha aad hoos ugu dhigi karto soo gaarista ilmahaaga

- Iska ilaali ama xaddid isticmaalka alaabta hawada lagu carfiyo, dawooyinka balanbaalista (moth), oo ku xir waxyaalaha urka xanniba caagadaha qashinka iyo musqulaha.



Dhaska/boodhka Guriga

Waxay khusaysaa dhammaan kiimikooyinka phenols ee deegaanka

Siyaabaha aad hoos ugu dhigi karto soo gaarista ilmahaaga

Kiimikooyinka phenols ee deegaanka ee ku jira alaabta macaamiisha iyo qalabka dhismaha waxay ku dambayn karaan in ay galaan dhaska/boodhka guriga:

- Nadiifi sagxadaha iyo meelaha dushooda ee gurigaaga oo ka ilaali dhaska siigadu inay ku ururto.
- Ilmahaagu ha dhaqo gacmihiisa kahor intaysan wax cunin.

Waaxda Caafimaadka ee Minnesota

Minnesota Department of Health

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