

Hagaha Isticmaalka Kalluunka iyo Goobaha Biyaha Minnesota ee la cusboonaysiiyay

La cusboonaysiiyay Maarso 2026

Waxda Caafimaadka ee Minnesota (MDH) ayaa cusbooneysiinaysa tilmaamaha cunista kalluunka sababtoo ah qaar ka mid ah biyaha Minnesota ayaa laga helay maadooyinka mercury iyo per- and polyfluoroalkyl. Tilmaamaha la cusbooneysiinaya waxay inta badan diiradda saarayaan xogta merkuri iyo PFAS, balse waxay sidoo kale ka hortagayaan maadada polychlorinated biphenyls (PCBs). MDH waxay dib u eegtaa wasakhda ku jira kalluunka laga soo qabto biyaha Minnesota waxayna si joogto ah bulshada u sii xogta.

Barnaamijka Hagidda Isticmaalka Kalluunka ayaa cusboonaysiinaya tilmaamaha isticmaalka kalluunka ka dib dib u eegista xogta, oo ay ku jirto cusboonaysiinta tilmaamaha gobolka oo dhan iyo biyaha-gaarka ah oo lagu daray habraacyada cusub ee qepta Waqooyi-bari gobolka Minnesota ee la xiriirta falanqaynta meerkuriga la cusboonaysiiyay iyo tilmaamaha la cusboonaysiiyay ee PFAS ee Webiga Vermillion ee degmooyinka Dakota iyo Scott.

Kalluunka laga soo qabto harooyinka Minnesota, ka hubi [LakeFinder](https://www.dnr.state.mn.us/lakefind/index.html) (<https://www.dnr.state.mn.us/lakefind/index.html>) bogga Waaxda Khayraadka Dabiiciga ah (DNR) si aad u aragto haddii uu jiro hagaha isticmaalka kalluunka. LakeFinder waxay kugu xidhaysaa hagaha isticmaalka kalluunka ee dhammaan harooyinka Minnesota.

Kalluunka laga qabto webiyada Minnesota, dib u eeg liiska biyaha la cusboonaysiiyay iyo Tilmaamaha gaarka ah ee webiyada ee ku qoran bogga [Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines](https://www.health.state.mn.us/communities/environment/fish/guidelines.html) (<https://www.health.state.mn.us/communities/environment/fish/guidelines.html>).

Si aad u ogaato tilmaamaha la cusboonaysiiyay ee isticmaalka kalluunka ee gobolka oo dhan iyo deegaanada waqooyi-bari, booqo boggan [Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines](https://www.health.state.mn.us/communities/environment/fish/guidelines.html#statewide) (<https://www.health.state.mn.us/communities/environment/fish/guidelines.html#statewide>).

Hagaha isticmaalka kalluunka ee MDH waxaa loogu talagalay in reer Minnesota lagu siiyo macluumaadka ay u baahan yihiin si ay u sameeyaan doorashooyin xog ogaal ah oo ku

saabsan caafimaadka iyo badbaadada qoyskooda. Tilmaanta isticmaalka kalluunka waxay ku xiran tahay:

- **Goobta aad kalluunka ka soo qabatay.** Qaar ka mid ah biyaha waxay leeyihiin tilmaamo gaar sababo la xidhiidha heerar sare oo PFAS, meerkuri ama PCBs ah. Kalluunka ka yimaada Waqooyi-bari Minnesota badanaa wuxuu leeyahay heerar meerkuri oo ka sarreeya meelaha kale.
- **Qofka aad tahay.** Dadka qaar ayaa aad ugu nugul saamaynta taban ee caafimaadka ee ka soo gaadha meerkuriga iyo PFAS. Meerkuri iyo PFAS, oo ay ku jiraan maadooyinka perfluorooctane sulfonate (PFOS), markay ururto waxaa suurtagal ah inay soo gaadho bini'aadamka soo koraya kuna yeelato saameyn caafimaad. Tani waxay ka dhigan tahay inuu jiro walaac laga qabo soo gaadhista meerkurigu iyo PFSA dhammaan heerarka nololeed sida uurka, dhallaanka, iyo carruurnimada. Kooxaha ugu nugul waxaa ka mid ah carruurta da'doodu ka yar tahay 15 jir, gabdhaha, haweenka, iyo dumarka da'doodu tahay 15 iyo ka weyn ee laga yaabo inay uur yeeshaan, dumarka uurka leh ee naaska nuujinaya ama qorsheynaya inay naaska nuujiyaan.
- **Nooca kalluunka ee aad qabatid.** Nooca kalluunka iyo cabbirkiisa ayaa saameeya inta la cuni karo. Tirada ugu badan ee la oggol yahay toddobaadkii ama bishii way kala duwanaan kartaa iyadoo laga yaabo in hal meel laga qabto kalluunka. Kalluunka waaweyn badanaa wuxuu leeyahay meerkuri badan.

Hagida Meerkuriga ee la cusboonaysiiyay

MDH waxay cusboonaysiinaysaa falanqaynta meerkuriga ee noocyo qaar ka mid ah kalluunka ku jira biyaha. Falanqaynta meerkuriga ee la cusboonaysiiyay waxay hagaajinaysaa qiyaasaha meerkuriga kujira unugyada kalluunka; u samee tilmaamo gaar ah oo ilaalinaya degmooyinka Cook, Lake, iyo St. Louis oo ay ku jiraan hagid iyo tilmaamo dhawraya dadka nugul.

2026 FCG Update - Somali

Khariidadda: MDH waxay soo saartaa Tilmaamo cusub oo ah Isticmaalka Kalluunka degmooyinka Waqooyi-bari, Cook, Lake, iyo St. Louis (Maarso 2026)



Meerkurigu waa sun saameynaysa habdhiska neerfaha. Sumoowga neerfaha waxay dhacaan marxaladaha nolosha ugu xasaasisan sida xilliga uurka ilaa uurjiifka, iyo dhallaanka ilaa carruurnimada waana xilliga ay saameyn karto wax fahamka iyo waxbarshada.

Halkan ayaa laga heli karaa xogta ku saabsan Meerkuriga la cusboonaysiiyay:

- [Updated Mercury Analyses for Fish Consumption Guidelines \(https://www.health.state.mn.us/communities/environment/fish/guidance/hganalyses.html\)](https://www.health.state.mn.us/communities/environment/fish/guidance/hganalyses.html)

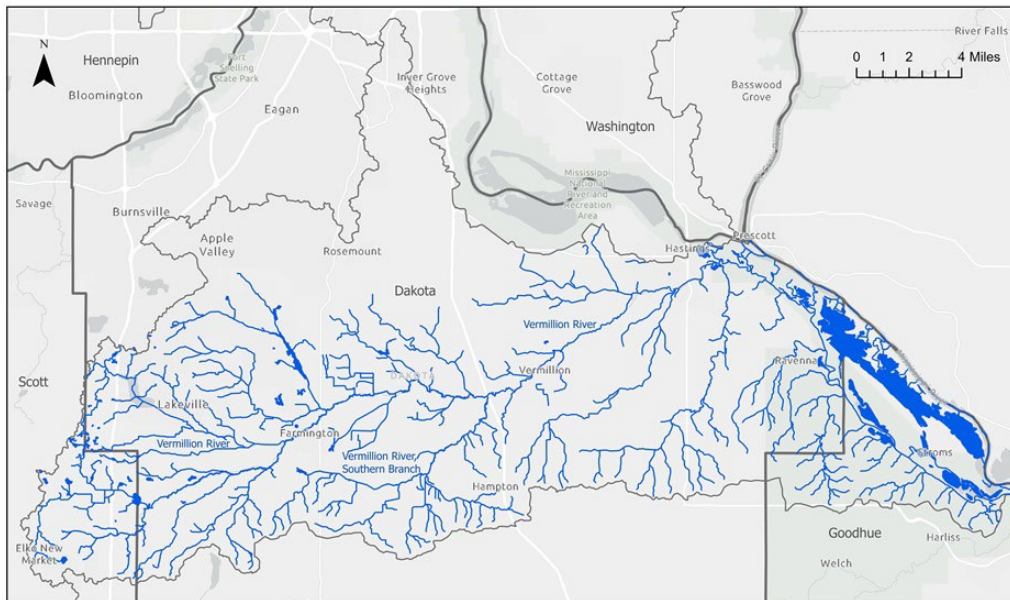
Halkan ayaa laga heli karaa xogta ku saabsan saamaynta caafimaad ee Meerkuriga:

- [Contaminants and Minnesota Fish](https://www.health.state.mn.us/communities/environment/fish/faq.html)
(<https://www.health.state.mn.us/communities/environment/fish/faq.html>)

Hagaha la cusboonaysiiyay ee PFAS

Falanqaynta xogta kalluunka ee Waaxda Caafimaadka Minnesota waxay muujinaysaa isku dhafka walxaha per-and polyfluoroalkyl (PFAS) ee unugyada kalluunka laga soo jiiday qeybta sare ee Webiga Vermillion ee biyo xireenka Hastings (degmooyinka Dakota iyo Scott) kuwaasoo yeelan kara saameyn caafimaad oo xun.

Khariidadda Webiga Vermillion iyo marinada kore ee biyo-xireenka Hastings iyo kuwa kale ee ku xidhiidhsan Pool River Mississippi 3.



Tilmaamaha isticmaalka kalluunka ee Webiga Vermillion, qaybihiisa, iyo meelaha kale ee ku xiran Wabiga Mississippi qeybta 3 waa:

- **Kooxaha nugul: ha cunin dhammaan noocyada kalluunka**
Kooxaha nugul waxaa ka mid ah: Carruurta ka yar 15 sano, gabdhaha, iyo haweenka 15 sano jirka ah iyo kuwa ka weyn ee laga yaabo inay uur yeeshaan. Dumarka uurka leh iyo kuwa naas nuujinaya ama qorsheynaya inay naas nuujiyaan.
- **Dadka guud ahaan: cun ugu badnaan 1 xabbo bishii oo hal nooc oo kalluun ah**
Dadka guud waxaa ka mid ah: Dumarka aan qorsheynayn uur, wiilasha iyo ragga 15 sano jirka ah iyo kuwa ka weyn.

2026 FCG Update - Somali

Gobolka Minnesota wuxuu muddo dheer ka shaqeynayay yaraynta PFAS. Marka xog cusub la helo, MDH waxay cusboonaysiin doontaa hagaha kalluunka. **PFAS lagama helo kalluunka oo keliya.** Waxaa laga helaa alaabo badan oo maalinle ah sida deegaanka, goobaha shaqada, iyo guryaha.

Halkan ayaa laga heli karaa xogta ku saabsan dhimista soo gaadhista PFAS:

- [Reducing Exposures: Per- and Polyfluoroalkyl substances \(PFAS\) \(PDF\)](https://www.health.state.mn.us/communities/environment/hazardous/docs/pfas/pfasreducingexp.pdf)
(<https://www.health.state.mn.us/communities/environment/hazardous/docs/pfas/pfasreducingexp.pdf>)
- [PFAS and Health](https://www.health.state.mn.us/communities/environment/hazardous/topics/pfashealth.html)
(<https://www.health.state.mn.us/communities/environment/hazardous/topics/pfashealth.html>)

Webinar-ka tilmaamaha cunista kalluunka 8-da bisha Afaraad

Barnaamijka Hagida Cunista Kalluunka wuxuu qabtay webinar ku saabsanaa tilmaamaha la cusbooneysiisay 8-da bishii Afaraad, 2026. Qoraalada webinar-kan waxaa hadda laga heli karaa: [Minnesota Fish Consumption Guidance Updates Summary \(PDF\)](https://www.health.state.mn.us/communities/environment/fish/docs/2026webinar.pdf)
(<https://www.health.state.mn.us/communities/environment/fish/docs/2026webinar.pdf>)

Fadlan halkan nagala soo xidhiidh HEALTH.fish@state.mn.us haddii qabto su'aalo ku saabsan hagaha isticmaalka kalluunka.