

## Natijada Healthy Kids (Carruur Caafimaad Qabta Minnesota)

### Polycyclic Aromatic Hydrocarbons

Polycyclic aromatic hydrocarbons (PAHs) waa koox kiimikooyin ah oo samaysma oo lagu sii daayo hawada marka walxaha sida looxa/xaabada, basiinka, dhuxusha, qashinka, iyo tubaakada la gubo. Waxa kale oo ay ka samaysmaan cuntada la dubay, cuntada la solay, cuntada la qiijiyey, ama cuntada la shiilay.

PAHs ee ku jira hawadu waxay dhibi karaan indhaha iyo marinnada neefsashada, waxayna horseedi karaan asma/neef iyo dhibaatooyin kale oo xagga neefsashada ah. Waxaa laga yaabaa inay si gaar ah waxyeelo ugu gaystaan carruurta sababtoo ah sambabadooda iyo xubnaha kale ayaa weli koraya. Qaar ka mid ah PAHs ayaa laga yaabaa inay keenaan kansar. Si kastaba ha ahaatee, **in laga helo PAHs kaadida carruurta ayaa ah wax caadi ah oo macnaheedu maaha in caafimaadkooda ay saamayn doonto.** Saynisyahannadu waxay weli baranayaan heerarka laga yaabo inayna ammaan ahayn.



Wixii macluumaad dheeraad ah iyo khayraad ah, fadlan booqo: [Healthy Kids Minnesota: Macluumaadka Kiimikada iyo Khayraadka.](#)

### Maxay yihiin siyaabaha ugu badan ee loo isticmaalo

PAHs waxay ka dhashaan waxyaabo kale, waxay ka yimaadaan walxaha gubta iyo cuntada loo kariyo siyaabo gaar ah. Inta badan looma sameeyo ama looma isticmaalo si ula kac ah. Hal PAH, naphthalene, ayaa loo isticmaalaa wax soo saarka iyo sunta cayrisa moth (sida mothballs).

### Maxay yihiin siyaabaha ugu badan ee carruurta ay ku soo gaari karaan?

- In ay ku neefsadaan:
  - Qiiqa sigaarka lagu agcabo ee tubaakada ama xashiishada
  - Qiiqa ka soo baxa baabuurta, taraagyada, basaska iyo boodhka/dhaska waddooyinka
  - Qiiq ka yimaada shiditaanka uunsiga/fooxa iyo shumacyada
  - Qiiq xaabada, ee ka soo baxa meelaha dabka lagu shido, shooladaha xaabada, dabka kaamka, iyo dabka gubashada kaynta
  - Qiiq ka soo baxa dubitaanka ama gubashada saliidda cuntada ama gubashada cuntada
- Uumiga Naphthalene ee ka yimaada qaar ka mid ah sunta moth, haddii lagu isticmaalo gudaha guriga
- Cunista cuntada la dubay, cuntada la solay, cuntada la qiijiyey, cuntada la shiilay, ama cuntada la dubay (roasted).
- Dadku badanaa waxay la kulmaan isku dhaf PAHs ah, halkii ay kala kulmi lahaayeen hal nooc oo PAH ah.

## Hawo ka timid ilo gudaha guriga ah



### Air from indoor sources

- Isaga oo iska taagan yuusan daarnaanin aabuurkaagu geerashka guriga ku dheggan dhexdiisa.
- Yaree ku isticmaalka fooxa/uunsiga (waxyaabaha la qiijiyo) iyo shumacyada agagaarka ilmahaaga. Haddii aad gudaha guriga ku isticmaasho, isticmaal hawo laydhin wanaagsan oo aad adeegsato marawaxadaha ama daaqadaha furta.
- Isticmaal marawaxada qiiq bixiyaha jikada iyo/ama fur daaqadaha marka aad wax karinayso.
- Hubi in shooladaada xaabada iyo meesha dabka lagu shido ay si fiican u hawo baxaan.
- Haddii gurigaagu leeyahay kulayliyaha hawada ee hawada soo tuura, si joogto ah u beddel filtarka.
- Haddii aad sigaar cabto, ku cab sigaarka meel ka baxsan guriga ama baabuurka, oo meel ka fog ilmahaaga. Si aad u hesho caawimo bilaash ah joojinta sigaarka, wac 1-800-QUIT-NOW ama booqo [www.quitpartnermn.com](http://www.quitpartnermn.com).
- Ka fogow meelaha laga yaabo in ilmahaagu ku neefsado qiiqa soo gaaraya ee lagu agcabo. Waydiiso dadka in aanay sigaar ku cabbin agagaarka ilmahaaga.
- Halkii aad isticmaali lahayd sunta moth-ka, qaad tillaabooyin aad uga hortagayso moths-ka. U isticmaal weelasha kaydinta ee si fiican u daboolma iyo baco dharka iyo gogosha. Ha ku kaydin alaabtan meelaha qoyan ee guriga ah.



### Hawo ka timid ilo guriga dibaddiisa ah

- Yaree wakhtiga ilmahaagu agjoogo:
  - Meelaha u dhow meelaha taraafigu ku badan yahay ama baabuurta daaran ee taagan
  - Dhismaha waddada laamiga ah iyo meelaha lagu sameeyo daamurka saqafka guriga
  - Qalabka gaaska ku shaqeeya ee matoorka leh, sida mashiinnada cawska jara, mashiinada jara haramaha, mashiinada baraf tuura
- Markaad baabuur ku dhex waddo meel gaadiid badan, daaqadaha dallac oo marawaxada ku beeg aad dib u wareejinta hawada gudaha baabuurka.
- Kala soco talooyinka digniinta tayada hawada [www.airnow.gov](http://www.airnow.gov). Waxaad soo dejisan kartaa aabka taleefanka gacanta. Inta lagu jiro digniinta tayada hawada, xaddid wakhtiga dibadda ee ilmahaaga oo xirta daaqadaha. Tani waxay si gaar ah muhiim u tahay haddii ilmahaagu qabo neef.
- • Haddii aad qabto cabasho wasakhawga hawada ama deegaanka ah, waxaad foomka cabashada u diri karta: Minnesota Pollution Control Agency: [www.pca.state.mn.us/air/have-complaint](http://www.pca.state.mn.us/air/have-complaint).



### Cuntada

Yareeya cunista cuntada duban, cuntada dhuxusha lagu gubay ama cuntada la qiijiyey, ama cuntada la shiilay. Cunto karinta tartiibta ah, baylinta/karkarin, ama uumiyida ayaa ah beddel wanaagsan. Haddii aad ay kaa gubato cunto, iska tuur qaybta madoobaatay kahor intaadan cunin.

## PAHs ee laga baaray kaadida ilmahaaga

PAHs ayaa waxay isu beddelaan kiimikooyin xiriir la leh marka ay jirka ku jiraan. Waxaan ugu yeernaa kuwan “waxyaabaha qurubyada ah/burburka ah” (breakdown products). Healthy Kids Minnesota waxay cabbirtay waxyaabaha qurubyada PAHs ee ku jirta kaadida ilmahaaga. Waxyaabaha qurubyada ah ee PAH ayaa waxay leeyihiin magacyo kiimiko oo dheer, sidaa darteed magacyadooda oo la soo gaabiyey ayaanu u isticmaalaynaa xaashidan iyo natiijada ilmahaaga.

BURBURKA QURUBYADA PAH EE LA BAARAY WAA	PAHS-KA AY ASAL AHAAN KA YIMAADEN
1-PYR	pyrene
1-NAP	naphthalene
2-NAP	naphthalene
2-FLUO	fluorene
3-FLUO	fluorene
3-PHEN	phenanthrene



Wixii macluumaad dheeraad ah ee ku saabsan magacyada kiimikooyinka oo dhammaystiran, fadlan booqo: [Healthy Kids Minnesota: Sharaxaada Natiijooyinka ee ku jirta.](#)

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