

HEALTHY KIDS MACLUUMAAD

Kiimikooyinka Wasakhaynta Hawada (Air Pollution Chemicals)

Maxaanu u cabbirnay wasakhda hawada ee ku jira carruurta?

Dhammaanteen waxaynu ku neefsanaa kiimikooyinka hawada inta aynu ku guda jirno nolol maalmeedkeena. Wasakhda hawadu dhammaanteen bay waxyeelo u tahay. Wasakhda hawadu waxay keeni kartaa dhibaatooyinka wadnaha iyo sambabada, iyo kansar. Waxaa laga yaabaa inay si gaar ah waxyeelo ugu gaysato carruurta sababtoo ah sambabadooda iyo xubnaha kale ayaa weli koraya. Waxaa jira walaac sii kordhaya oo ku saabsan saamaynta wasakhda hawadu ku leedahay korriinka maskaxda. Carruurta qabta neefta, wasakhda hawadu waxay ku kicin kartaa weerarrada neefta. Calaamadaha neefta waxaa ka mid noqon kara hiinraag, qufaca iyo cidhiidhinimada laabta ah. Neeftu waa sababta ugu weyn ee keenta ka maqnaanshaha iskuulka.

Kiimikooyin badan oo kala duwan ayaa ku jiri kara hawada. Healthy Kids waxay cabbireen laba nooc oo caan ah: **PAHS (AMA POLYCYCLIC AROMATIC HYDROCARBONS)** iyo 1-NITROPYRENE. PAHs waxay hawada raacdaa inta badan marka la shido xaabo, qashin, shidaal, saliid, dhuxul iyo tubaako. 1-nitropyrene waxay ka timaadaa qiiga naaftada. Biro ayaa sidoo kale ku jiri kara wasakhda hawada.



Sidee ayay caruurta ku soo gaartaa wasakhda hawada ee lagaga baaray Kids Healthy?

Sideed uga ilaalin kartaa?

SIDEE: Neefsashada hawada wasakhaysan - gudaha guriga

MAXAAD SAMAYN KARTAA:

- Kabaha iska siiba ka hor inta aydaan guriga galin, boorka ka jaf oo si joogto ah u xaaq, oo ilmahaagu ha dhaqo gacmaha cuntada kahor. Kiimikada wasakhda hawada waxaa guriga la soo gelin karaa iyada oo ah wasakh iyo boodh.
- Isaga oo iska taagan yuusa daarnaanin aabuurkaagu geerashka guriga ku dheggan dhexdiisa.
- Hubi in shooladahaaga xaabada iyo meelaha dabka lagu shido ay si fiican u hawo baxaan.



- Tixgeli isticmaalka filtarka waxtarka sare leh ee loogu talagalay kullayliyaha hawada ee hawada soo tuura oo si joogto ah u beddel, haddii ay suurtoagal tahay. Carruurta waxay ku qaataan inta ugu badan ee waqtigooda gudaha guriga: <https://bit.ly/2FES0Rr>
- Isticmaal marawaxada jikada oo fur daaqadaha marka aad wax karinayso.
- Yaree ku isticmaalka shumacyada iyo fooxa(waxyaabaha la qiijiyo) agagaarka ilmahaaga.

SIDEE: Neefsashada hawo wasakhaysan - oo ka timid qiiqa sigaar lagugu agcabo

MAXAAD SAMAYN KARTAA:

- Haddii aad sigaar cabto, ku cab sigaarka kameel ka baxsan guriga ama baabuurka meel ka fog ilmahaaga. child. Kala hadal dhakhtarkaaga wax ku saabsan joojinta sigaarka oo hel caawimada saxda ah ee aad u baahan tahay si aad gebi ahaanba u joojiso. Si aad u hesho caawimo bilaash ah wac 888-354-7526 ama booqo <http://www.quitplan.com> ama <https://bit.ly/2VguYoy>
- Ka fogow meelaha laga yaabo in ilmahaagu ku neefsado qiiqa soo gaaraya ee lagu agcabo. Waydiiso dadka in aanay sigaar ku cabbin agagaarka ilmahaaga. Ka hel macluumaadka ku saabsan doorashada guryaha ka xorta ah qiiqa sigaarka ee Minnesota: <https://bit.ly/2g7H9zS>



SIDEE: Neefsashada hawada wasakhaysan - guriga dibadiisa

MAXAAD SAMAYN KARTAA:

- Ogow wax badan oo ku saabsan tayada hawada ee aaggaaga oo isdiiwaangeli si aad u hesho ogaysiisyada tayada hawada: <https://bit.ly/2rLTMJE>. Inta lagu jiro digniinta tayada hawada, xaddid wakhtiga dibadda ee ilmahaaga oo xirta daaqadaha.
- Ka hel meelaha wasakhaynta hawadu ka timaado ee xaafadaada: <https://bit.ly/2Hfsd4D>. North Minneapolis, gobolku wuxuu leeyahay mashruuca la socodka hawada oo khaas ah. Wax badan ogow oo isqor si aad u hesho wararka cusub: <https://bit.ly/2FKCLGX>
- Yaree wakhtiga ilmahaagu agjoogo:
- Qiiqa ka baxa dubashada hilibbka, dabka xerada, dabka xaabada, iwm.



- Ku lugaynta meelaha u dhow meelaha taraafigu ku badan yahay ama baabuurta daaran ee taagan
- Dhismaha wadada laamiga ah iyo meelaha lagu sameeyo daamurka saqafka guriga
- Qalabka matoorka, qalab gaas ku shaqeeya sida caws-jarayaasha, harama gooyaha, barafka xaaqaha
- La shaqee deriskaaga si aad u wanaajisaan tayada hawada xaafaddiina, tusaale ahaan beerista iyo daryeelka dhirta. Minneapolis waxay leedahay Barnaamijka City Tree Program (Barnaamijka Geedaha Magaalada): <https://bit.ly/2Sy6A06>

SIDEE: Cunista cuntooyinka qaarkood

MAXAAD SAMAYN KARTAA:

- Yaree cunista cuntada duban, cuntada dhuxusha lagu gubay ama cuntada la qiijiyey. Si tartiib ah u kari, bayli/karkari ama uumi ku kari cuntada. Ka ilaali inaad gubto cuntada - haddii aad gubto, iska tuur qaybta gubtay ka hor intaadan cunin. Cuntooyinkan waxay yeelan karaan PAHs.
- Had iyo jeer si fiican u dhaq khudaarta kahor intaadan cunin, gaar ahaan haddii lagu beeray hareeraha waddooyinka.

