

Biraha (Metals)

Maxaanu u cabbirnay biraha ku jira carruurta?

Biruhu waxay si dabiici ah ugu jiraan deegaanka waxaana inta badan laga helaa biyaha, cuntada iyo hawada. Biraha waxaa sidoo kale loo isticmaalaa warshadaha, wax soo saarka macaamiisha iyo beeraha. Biraha qaarkood, sida manganese iyo chromium, ayaa ah nafaqooyinka lagama maarmaanka u ah marka ay yihiin heerar hoose. Haddii carruurta ama dhallaanka soo korayaa ay la kulmaan heerka sareeya oo biraha qaarkood ah, waxay u horseedi kartaa waxyeelo caafimaad darro ah. Saamayntan waxaa ka mid ah cilladaha waxbarashada iyo hab-dhaqanka, falcelinta xasaasiyada/alerjiga, dhaawaca wadnaha iyo kelyaha, iyo kansar.

Waxaa jira biro badan. Healthy Kids waxay cabbirtay shan: **ARSENIC, CHROMIUM, COOBALT, MANGANESE, NICKEL**

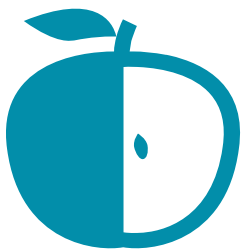
Sidee ayay caruurta ku soo gaartaa biraha lagaga baaray Kids Healthy?

Sideed uga ilaalin kartaa?

SIDEE: Cunista cuntooyinka qaarkood

BIRTEE: Dhammaan 5ta birootba, gaar ahaan arsenic

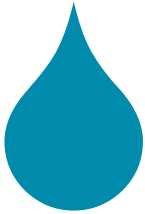
MAXAAD SAMAYN KARTAA:



- Sii ilmahaaga cunto dheeli tiran oo ka kooban cuntooyin kala duwan si aysan u cunin cunto isku mid ah maalin kasta.
- Bariisku waa midda ugu badan ee keenta arsenic ku jirta cuntada. Haddii ilmahaagu cuno bariis dhowr jeer todobaadkii:
 - Sii noocyo kala duwan oo raashin ah sida qamadiga, kinoowa/garowga, galley, boorash.
 - Si fiican u dhaq bariiska kahor intaadan karinin.
 - Yareeya isticmaalka waxyaabaha kale ee bariiska laga sameeyey sharoobada bariiska buniga ah, keega bariiska, caanaha bariiska, siiriyaalka bariiska, baastada bariiska.
 - Sii noocyada kala duwan ee bariiska. Noocyada qaarkood waxay leeyihiin arsenic badan.
 - Wax badan oo ku saabsan arsenic iyo bariiska:
<https://bit.ly/1QmZeEF>
- Sii ilmahaaga casiir kala duwan, oo sii biyo si aad u yarayso cunista sonkorta. Qaar ka mid ah casiirka tufaaxa, beerkaha iyo canabka ayaa waxay leedihiin arsenic.
- Baro sida daaradaada loo isticmaali jiray waagii hore ka hor inta aanad ku beerin khudaarta. Booqo link-gan si aad u hesho talooyin:
<https://bit.ly/2NvumJ9>

SIDEE: Ku neefsashada qiiqa sigaarka lagugu agcabo**BIRTEE: Dhammaan 5ta birootdba****MAXAAD SAMAYN KARTAA:**

- Haddii aad sigaar cabto, ku cab sigaar kakameel ka baxsan guriga ama baabuurka meel ka fog ilmahaaga. 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 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: Biyaha la Cabbo**BIREEHEE: Arsenic, manganese, chromium****MAXAAD SAMAYN KARTAA:****Haddii aad ka hesho biyaha aad cabtaan nidaamka biyaha dadweynaha, sida magaalada**

- Biyihiina si joojto ah ayaa loo baaraa waxaana laga daaweeyaa arsenic iyo chromium si ay u buuxixiyaan heerarka Hay'adda Ilaalinta Deegaanka ee Mareykanka.
- Qaar ka mid ah sistamka biyaha dadweynaha ayaa sidoo kale ka baadha manganese, laakiin loogama baahna. Waxaad la xiriiri kartaa nidaamka biyaha dadweynaha si aad u weydiiso inay sameeyaan. Biyaha magaalada Minneapolis waxaa kuyar manganese. Minnesota waxay haysaa hagaha loogu talagalay manganese-ka ku jira biyaha la cabbo. Wax badan ka ogow: <https://bit.ly/2T3U65c>
- Ka eeg natiijooyinka baaritaanka biyaha ee halka aad ku nooshahay: health.mn.gov/ccr

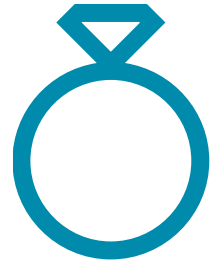
Haddii aad ka hesho biyaha aad cabtaan ceel gaar loo leeyahay

- MDH waxa ay ku talinaysaa in laga baadho biyaha ceelka shanta nooc ee wasakheeyaha ah, oo ay ku jiraan manganese (ka hor inta aan biyaha la siin ilmaha yar) iyo arsenic: <https://bit.ly/2TgoSau>. La xiriir shaybaar la aqoonsan yahay ama weydii degmadaada haddii ay baaraan: <https://bit.ly/2SqxE0x>
- MDH waxa ay ku talinaysaa in laga daweeyo biyaha arsenic wixii ka sarreeya 10 microgram litirkiiba ($\mu\text{g/L}$) ama in la helo ilo kale oo biyo ah: <https://bit.ly/2TjfH95>. Xitaa heerarka arsenic ee ka hooseeya 10 $\mu\text{g/L}$ ayaa laga yaabaa inay waxyeello geystaan.
- Ha siin biyaha dhallaanka ama ha u isticmaalin inaad ku diyaariso caanaha dhallaanka haddii ay leeyihiin manganese ka sarreeya 100 $\mu\text{g/L}$: <https://bit.ly/2T3U65c>
- Haddii qof kasta oo qoyskiina ka tirsan uu ka weyn yahay hal sano jir, heerka badbaadada ah ee manganese ee biyihiina la cabbo ku jiri kara waa 300 $\mu\text{g/L}$ ama wax ka yar.

SIDEE: Xirashada qaar ka mid ah biraha la xirto ee carruurta

BIREEHEE: Birta Macdanta (Nikkel)

- MAXAAD SAMAYN KARTAA:**
- Ka ilaali biraha la xirto carruurta yaryar. Ha u ogolaanin ilmahaagu inuu afka geliyo, qaniino ama liqo dahabka carruurta.
 - Alaabooyinka lagu calaamadeeyay in lagu sameeyay Mareykanka ayaa waxay u yartahay inay ku jiraan heerar aan ammaan ahayn oo biraha ah. Wax badan ka ogow: <https://bit.ly/2Xr5VkB>



SIDEE: Biraha ku jira guriga iyo agagaarkiisa

BIREEHEE: Arseenik

- 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. Biraha waxaa guriga laga heli karaa iyada oo ah wasakh iyo boodh.
 - Qaar ka mid ah dhismayaasha alwaaxyada ah ee dibadda sida sagxadaha ama qalabka ciyaarta ayaa laga yaabaa in lagu daweeeyay arsenic haddii la dhisay kahor 2004 oo aysan ahayn cedar ama redwood.. Carruurta waxay ku soo gaari kartaa arsenic marka ay ku ciyaaraan hareeraha dhismayaashan alwaaxyada ah. Wax badan <https://bit.ly/2RX6TVK>