

## Natijada Healthy Kids (Carruur Caafimaad Qabta Minnesota)

### Phthalates

Phthalates waa koox kiimikooyin ah oo loo isticmaalo in laga dhigo balaastiiga kuwo dabacsan oo waara. Waxa kale oo loo isticmaalaa alaabta daryeelka shakhsiyeed iyo noocyo kala duwan oo badeecado kale ah. Qaar ka mid ah phthalates ayaa laga mamnuucay in loo isticmaalo alaabta carruurta qaarkood oo kiimikooyin cusub ayaa halkoodii lagu beddelay.

Qaar badan oo phthalates ah ayaa loo arkaa in ay yihiin kiimikooyin “carqaladeeya nidaamka qanjidhada”. Tani waxay ka dhigan tahay inay saameyn ku yeelan karaan hormoonnada dabiiciga ah ee jirka. Isbeddelka hoormoonadu waxay saamayn karaan korriinka dhallaanka iyo carruurta. Si kastaba ha ahaatee, **in laga helo phthalates 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 boggeena internetka: [Healthy Kids Minnesota: Macluumaadka Kiimikada iyo Khayraadka.](#)

### Phthalates iyo beddelka phthalate ee laga baaray kaadida ilmahaaga

Phthalates iyo kiimikooyinka beddelkooda ah 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 ah ee ku jirta kaadida ilmahaaga. Phthalates iyo beddelka phthalate waxay leeyihiin magacyo kiimiko oo dheer, sidaa darteed magacyadooda oo la soo gaabiyey ayaanu u isticmaalaynaa xaashidan iyo shaxda natijada ilmahaaga.



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

### Maxay yihiin siyaabaha ugu badan ee loo isticmaalo iyo sida carruurta ay ku soo gaaraan?

#### Phthalates ku jira alaabta daryeelka shakhsiyeed iyo carfiyeyaha

(MMP, MEP, MNBP, MIBP, MHiBP, MBZP)

##### Siyaabaha ugu badan ee loo isticmaalo

Alaaboyinka daryeelka shakhsiyeed, waxyaalaha la isku qurxiyo, iyo alaabta macaamiisha, oo loogu daray dareereyaal ama in ay ahaato xasiliyaha carfiyeyaha

##### Siyaabaha ugu badan ee carruurta ay ku soo gaaraan

- Isticmaalka shaambooda, saabuunta, kiriimka, xamuurada cidiyaha, sunta cayayaanka lagu buufiyo, iyo alaabta kale ee daryeelka shakhsiyeed
- Ku neefsashada shumaca urka udgoon iyo carfiyeyasha hawada

## Phthalates ee ku jira balaastiga iyo qalabka dhismaha

(Phthalates: MEHHP, MECPP, MCOP, MONP, MINP, MCP, MEOHP, MCIOP, MCNP)

(Beddelka Phthalate: MCOCH, MECPTP, MEHHTP, MHNCH)

### Siyaabaha ugu badan ee loo isticmaalo

- Qalabka habaynta iyo baakadaynta cuntada
- Alaabooyinka macaamiisha ah ee ka samaysan caagaga dabacsan (sida weelasha kaydinta cuntada, alaabta caruurta ku ciyaaraan ee ah shandada/shamaca ah (vinyl), waxyaalaha hawad lagu afuufo, daahyada qubeyska, kabaha iyo jaakadaha roobka, sanduuqyada qadada iskuulka iyo galka warqadaha la geliyo (binders)
- Alaabada guriga iyo dhismaha sida sagxadaha vinyl-ka, warqada gidaarka, koolada, rinjiyada, iyo gufeeyaha/daboolayaasha (sealants)

### Siyaabaha ugu badan ee carruurta ay ku soo gaaraan

- Cunista cuntada lagu kaydiyay ama ku baakadaysan caagaga
- Ku neefsashada ama liqitaanka dhaska/boodhka guriga. Phthalates ku jira alaabada macaamiisha iyo qalabka dhismaha ayaa waxay ka bixi karaan balaastiiga oo waxayna raaci karaan dhaska/boodh.
- Qaniinida ama nuugista alaabta caruurta ku ciyaarto ee balaastiiga ah ee jilicsan ee aan loogu talagalil ilko ku qabashada marka ilkuho soo baxayaan

## Sida aad hoos ugu dhigi karto in ay ku soo gaarto phthalates

- Isku day inaad iska ilaaliso u isticmaalka makawayfka ama ku kuleylinta cuntada ku jirta weel caag ah.
- Ha u ogolaan carruurta inay calashaan waxyaabo balaastiig ah oo aan loo samayn ujeedadaas.
- Nadiifi sagxadaha iyo meelaha dushooda ee gurigaaga si aad uga ilaaliso in boodhku uu ku ururo. Ilmahaagu gacmihiisa ha dhaqo ka hor inta uuna wax cunin.
- Raadso badeecooyin ayna ku qornayn “fragranc” (“udgoon”) ku jira calaamadda maaddooyinka shayga ku jira.
- Iska ilaali inaad shido shumaca urka udgoon ama in aad ku isticmaasho nadiifiyaha hawada gudaha guriga.
- Haddii aad rabto in aad ogaato in badeecada ay ku jirto phthalates, waxaad la xiriiri kartaa shirkadda. Alaabooyinka qaarkood waxaa laga yaabaa in lagu calaamadiyey “phthalate free.” (aan lahayn phthalate)

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