

Tilmaamaha Tayada Hawada Dibadda ee Dugsiyada iyo Xannanadaha Carruurta ee Minnesota

Talooyinkan waxay ka caawinayaan shaqaalaha dugsiyada iyo xarumaha xannaanada carruurta inay go'aansadaan goorta iyo sida loo beddelo hawlaha dibadda marka tayada hawada ay bilowdo inay noqoto mid aan caafimaadka u fiicnayn. Hawlaha dibadda u habeeya si waafaqsan xaaladdahawada, si carruurta ay u sii ahaadaan kuwo firfircoon isla markaana caafimaadkooda loo ilaaliyo.

MUDDADA AY CARRUURTA DIBADDA JOOGI KARAAN

Heerka Tayada Hawada	15 daqiiqo ilaa 1 saac	1 ilaa 4 saacadood	In ka badan 4 saacadood
Wanaagsan (0-50)	Maalin wanaagsan oo dibadda lagu qaato!	Maalin wanaagsan oo dibadda lagu qaato!	Maalin wanaagsan oo dibadda lagu qaato!
Dhexdhexaad (51-100)	Carruurta intooda badan wax xaddidaad ah uma baahna. Ardayda qaba xaalado caafimaad, ka fiirso hawlo kale ama in hawlahooda wax laga beddelo.	La soco ardayda qaba xaalado caafimaad si aad u ogaato haddii caafimaadkooda isbeddelo. Hawlaha ku koob kuwa u baahan dadaal fudud.	Ka fiirso in ardayda loo raro gudaha ama meel tayada hawadeeda ka wanaagsan tahay. Dooro hawlo u baahan dadaal yar ama gaabi muddada hawlaha dibadda.
Aan Caafimaadka Dadka Nugul u Fiicnayn* (101-150)	Hawlaha ku koob kuwa u baahan dadaal fudud. Qaata nasasho 20-kii daqiiqaba mar. U diyaari meel gudaha ah iyo hawlo gudaha ah carruurta u nugul wasakhawga hawada.	Hawlaha ku koob kuwa u baahan dadaal fudud. Qaata nasasho 20-kii daqiiqaba mar. Hawlaha u baahan dadaal dhexdhexaad ama culus jooji, dib u dhig, ama gudaha u rar.	Ku koob hawlaha kuwa u baahan dadaal fudud, muddadoodana yaysan ka badnaan afar saacadood. Qaata nasasho 20-kii daqiiqaba mar. Hawlaha u baahandadaal dhexdhexaad ama culus jooji, dibudhig, ama gudaha u rar.

Aan Caafimaadka u Fiicnayn (151-200)	Jooji ama dib u dhig dhammaan hawlaha dibadda. Dhammaan ardayda gudaha ku hay, hawlahoodana ha noqdaan kuwo u baahan dadaal fudud.	Jooji ama dib u dhig dhammaan hawlaha dibadda. Dhammaan ardayda gudaha ku hay, hawlahoodana ha noqdaan kuwo u baahan dadaal fudud.	Jooji ama dib u dhig dhammaan hawlaha dibadda. Dhammaan ardayda gudaha ku hay, hawlahoodana ha noqdaan kuwo u baahan dadaal fudud.
Aad Ugu Xun Caafimaadka (201-300)			
Khatar Aad u Sarreysa (301-500)			

*Dadka Nugul ee Tayada Hawada Saameysa: Dadka qaba xaalado caafimaad ama daryeelayaashooda waa inay si habboon u maareeyaan xaaladdooda caafimaad. La soco calaamadaha iyo haddii ay ka siiaraan. Daawooyinka muhiimka ahna diyaar ha ahaadaan. Haddii loo baahdo, la xiriir bixiyahaaga daryeelka caafimaadkasi aad u hesho talo ama daryeel.

Macluumaadkan waxaa laga soo qaatay [Washington Children and Youth Activities Guide for Air Quality \(https://doh.wa.gov/sites/default/files/legacy/Documents/Pubs/334-332.pdf\)](https://doh.wa.gov/sites/default/files/legacy/Documents/Pubs/334-332.pdf), Washington State Department of Health. DOH 334-332 July 2023.

SU'AALAHHA INTA BADAN LA ISWEYDIIYO IYO JAWAABAHOODA

Waa maxay Heerka Tayada Hawada (AQI)?

Heerka Tayada Hawada (Air Quality Index ama AQI) waa cabbir maalinle ah oo muujinaya tayada hawada. Wuxuu isticmaalaa midabbo iyo tirooyin si uu u muujiyo in hawadu tahay mid nadiif ah ama wasakhaysan, iyadoo lagu salaynayo qiiqa ozone-ka ee u dhow dhulka iyo walxaha yaryar ee hawada ku jira. Marka lambarka AQI uu sare u kaco, waxay ka dhigan tahay in hawada sii wasakhaysan tahay, khatarta caafimaadkana ay sii kordhayso.

Marka la saadaaliyo in AQI uu gaari doono ama ka badan doono 101, waxaa la soo saaraa digniin ku saabsan tayada hawada si looga caawiyo ilaalinta caafimaadka dadka uga nugul wasakhawga hawada.

Sideen ku ogaan karaa marka tayada hawada aanay caafimaadka u fiicnayn?

Ka hor inta aadan baajin ama dib u dhigin ciyaar ama hawl dibadda lagu qabanayo, fiiri boggan [Bogga internetka ee tayada hawada ee Hay'add Xakamaynta Wasakhawga Minnesota \(MPCA\) \(www.pca.state.mn.us/air-water-land-climate/current-air-quality-conditions\)](http://www.pca.state.mn.us/air-water-land-climate/current-air-quality-conditions) si aad ula socoto tayada hawada ee waqtiga dhabta ah iyo saadaasha maalin kasta.



Diyaar garow oo la soco tayada hawada.

La soco tayada hawada ee hadda jirta adigoo iska diiwaangelinaya digniinaha tayada hawada [Ogeysiisyada Tayada hawada \(enviroflash.info/signup.cfm\)](http://enviroflash.info/signup.cfm).



apps.apple.com/us/app/epa-airnow/id467653238



play.google.com/store/apps/details?id=com.saic.airnow&pli=1

Soo dejiso barnaamijka AirNow ee EPA ee [Apple](#) aa [Android](#) si aad si degdeg ah ugu hubiso tayada hawada ee hadda jirta iyo saadaasha tayada hawada.



La hadal khabiir saadaaliya tayada hawada si aad u hesho macluumaad faahfaahsan: 612-251-5703.

Intee ayay ardaydadibadda joogi karaan marka tayada hawadaaanay caafimaadka u fiicnayn?

Ma jiro waqti cayiman oo la sheegi karo. Ku neefsashada hawada wasakhaysan muddo gaaban ama muddo dheer labadaba waxay sababi karaan dhibaatooyin caafimaad oo kala duwan. Marka tayada hawada sii xumaato, waxaa muhiim ah in nasashooyin la qaato, la yareeyo hawlqabadka badan, lana fiirsado calaamadaha jirrada. Xusuusnow in ardayda qaba xaalado caafimaad ay uga nugul yihiin waxyeellada hawada aan caafimaadka u fiicnayn.

Waa maxay calaamadaha ay tahay inaan ka fiirsado ardayda marka tayada hawada aanay caafimaadka u fiicnayn?

Calaamadaha ka dhasha wasakhawga walxaha yaryar ee hawada waxaa ka mid noqon kara indho gubasho ama cuncun, qufac, cuncun cunaha iyo sanko ah, iyo neefsashada oo ku adkaata:

- Qufac
- Xiiq
- Neefsasha da ee ku adkaata
- Laabta oociriiri noqotaama ku adkaata

Xitaa ardayda aan qabin neefta (asthma) waxay la kulmi karaan calaamadahan.



Ha iska indhatirin calaamadaha. Arday kasta oo calaamado yeesha waa inuu nastaa ilaa ay calaamadaha ka ba'aan, ka dibna uu sameeyo hawlo ubaahan dadaal yar. Marka tayada hawada aad u liidato, joojidhammaan hawlaha dibadda. Ardayda qaba neefta (asthma) waa inayraacaan qorshahooda qoran ee maaraynta neefta, ayna isticmaalaandaawada degdegga ah ee loo qoray. Haddii calaamadaha aysan ka soorayn, raadi daryeel caafimaad.

Waa maxay hawlaha ay ardayda samayn karaan si ay u sii ahaadaan kuwo firfircoon?

Marka tayada hawada aanay caafimaadka u fiicnayn, hawlaha gudaha lagu qabto ayaa weli ka caawin kara carruurta inay firfircoonaadaan oo ay ku mashquulaan. Hawlaha jirka waxaa loo qaybin karaa heerar kala duwan oo dadaal ah. Tusaalooyin waxaa ka mid ah:

- Dadaal fudud: ciyaarista looxyada ama turubka, kubbad isugu tuurid (catch)
- Dadaal dhexdhexaad ah: ku ciyaarista Frisbee, boodboodka ama xarig-ka-boodka, socodka, ku ciyaaristaqalabka garoonka ciyaarta ee dugsiga, ama tumista qalab muusig
- Dadaal culus: orodka, kubbadda kolayga, Ciyaarta kubbadda laadista, dabaasha, kubbadda cagta, dhiirrigelinta ciyaaraha (cheerleading), iyo karate

Waxaad talooyin dheeraad ah oo ku saabsan dhaqdhaqaaqa jirka ee carruurta ka heli kartaa [CDC: Dhaqdhaqaaqa Jirka ee Carruurta \(https://www.cdc.gov/physical-activity-basics/guidelines/children.html\)](https://www.cdc.gov/physical-activity-basics/guidelines/children.html).

[Ka hel hawlo dheeraad ah oo ku saabsan tayada hawada gudaha oo loogu talagalay carruurta \(www.lung.org/clean-air/indoor-air/building-type-air-resources/at-school\)](http://www.lung.org/clean-air/indoor-air/building-type-air-resources/at-school) iyo casharro loogu talagalay macallimiinta iyo daryeel-bixiyeyaasha carruurta dhigata fasallada ka hor xannaanada (Pre-K) ilaa dugsiga dhexe.

Ma jiraan waqtiyo ay wasakhowga hawadu ka sii daran tahay?

Ozone-ka u dhow dhulka iyo walxaha yaryar ee hawada ku jira (fine particles) waa labada nooc ee ugu waaweyn ee wasakhowga hawada kuwaas oo inta badan sababa dhibaatooyin caafimaad Minnesota.

Wasakhowga ozone-ka wuxuu inta badan sii xumaadaa galabtii maalmaha kulul ee qorraxdu badan tahay, wuxuuna socon karaa ilaa fiidkii hore, gaar ahaan laga bilaabo dhammaadka bisha May ilaa Agoosto. Haddii ay suurtagal tahay, qorshee hawlaha dibadda subaxdii, marka tayada hawadu ka wanaagsan tahay cimiladana ka qabowdahay.

Walxaha yaryar ee hawada ku jira waxay sare u kici karaan wakhti kasta oo maalinta ah. Minnesota gudaheeda, heerarkoodu way sarreyn karaan xilliga jiilaalka iyo xagaagaba. Maadaama qiiqa baabuurta uu ka kooban yahay walxo yaryar oo wasakh ah, yaree hawlaha lagu qabto meel u dhow baabuurta ama basaska shidaalkooda shidan yahay, iyo sidoo kale meelaha u dhow waddooyinka mashquulka badan, gaar ahaan xilliyada saxmadda gaadiidka. Sidoo kale, yaree hawlaha dibadda marka qiiq ka jiro hawada.

Dababka kaymaha ee dhacay dhawaan iyo wasakhowga ozone-ka ayaa kordhiyey digniinaha tayada hawada ee Minnesota. Xagaa qalalan oo aan roob lahayn wuxuu kordhiyaa khatarta dababka kaymaha.

Sideen uga sii diyaar garoobi karaa maalmaha digniinta tayada hawada?

Dhibaatooyinka caafimaad iyo digniinaha la xiriiira wasakhowga hawada waa in si dhab ah loo qaataa. Waxaa muhiim ah in shaqaalaha xafiiska caafimaadka ee dugsiga ay si dhow ula shaqeeyaan shaqaalaha kale ee dugsiga, ardayda, waalidiinta, iyo bixiyeyaasha daryeelka caafimaadka, maadaama ay yihiin bah-wadaag muhiim ah oo ka qayb qaata xakamaynta iyo maaraynta neefta (asthma) iyo xaaladaha kale ee caafimaad. Taageer ardayda si ay u bartaan sida ay u maareyn lahaayeen neeftooda, hubina inay fahmaan qorshahooda qoran ee maaraynta neefta (asthma action plan) isla markaana ay haystaan daawooyinkooda haddii ay dhacdo xaalad degdeg ah oo la xiriirta neefsashada marka tayada hawadu xumaato. Waxaan ku dhiirrigelinaynaa masuuliyiinta dugsiyada inay taxaddar muujiyaan marka ay la wadaagayaan macluumaadka ku saabsan digniinaha tayada hawada. Xusuusnow in qaar ka mid ah ardayda ay la kulmaan walwal iyo welbahaar dheeraad ah marka ay maqlaan macluumaadka ku saabsan isbeddelka cimilada. Carruurta qaarkood tani waxay ku noqon kartaa mid culays badan ama xitaa dhaawac nafsiiyeed ku keenta. La wadaag macluumaadka si deggan oo dheellitiran, adigoon buunbuunin ama adeegsan erayo cabsi gelinaya, isla markaana si taxaddar leh u hag wada hadalka haddii uu jiro arday si aad ah ugu mashquula arrintan ama muujiya cabsi ama walwal badan.

Ilooyin Dheeraad ah oo Ku Saabsan Wasakhowga Hawada

- [Air Quality – Minnesota Department of Health \(www.health.mn.gov/communities/environment/air\)](http://www.health.mn.gov/communities/environment/air)
Maalmaha badankooda Minnesota, hawada waa nadiif waana caafimaad in la neefsado. Si kastaba ha ahaatee, maalmaha qaarkood, xaaladaha cimilada iyo qiiqa dababka kaymaha ayaa sababi kara in hawada noqoto mid aancaafimaadka u fiicnayn.
- [Air Quality, Climate and Health – Minnesota Department of Health \(www.health.mn.gov/communities/environment/climate/air.html\)](http://www.health.mn.gov/communities/environment/climate/air.html)
Sidee ayuu isbeddelka cimilada u saameeyaa tayada hawada? Wasakhowga hawada sida walxaha yaryar ee hawadaku jira (particulate matter), ozone, iyo marka dhirta (pollen) ayaa la filayaa inay kordhaan sababo la xiriiraisbeddelka cimilada, taasoo keenta saameyn caafimaad oo taban.
- [Air quality and health – Minnesota Pollution Control Agency \(MPCA\) \(www.pca.state.mn.us/air-water-land-climate/air-quality-and-health\)](http://www.pca.state.mn.us/air-water-land-climate/air-quality-and-health)
Ku neefsashada hawada wasakhaysan waxay saameyn ku yeelan kartaa caafimaadka qof kasta. Ka hel macluumaaddheeraad ah oo ku saabsan saameynta caafimaad ee ka dhalata ku neefsashada wasakhowga hawada.
- [AirNow – EPA data on air quality \(www.airnow.gov\)](http://www.airnow.gov)
Ka hel xogta tayada hawada ee meesha aad ku nooshahay adigoo adeegsanaya ZIP code-ka, magaalada, amagobolka.
- [HeatRisk – National Oceanic and Atmospheric Administration and CDC \(https://ephtracking.cdc.gov/Applications/HeatRisk/\)](https://ephtracking.cdc.gov/Applications/HeatRisk/)
Qalabka saadaasha iyo guddiga xogta ee khatarta kulaylka daran.

Ilooyin dheeraad ah ee ku saabsan neefta

- [Asthma – Minnesota Department of Health \(www.health.mn.gov/diseases/asthma\)](http://www.health.mn.gov/diseases/asthma)
Neefta (asthma) waa cudur daba-dheeraada oo ku dhaca marinnada hawada, kaas oo neefsashada ka dhiga midadag. Boggan waxa uu ku siinayaa macluumaad ku saabsan sida loo maareeyo neefta iyo sida si wanaagsan loogunoolaado, iyo sidoo kale agab iyo qalab loogu talagalay xirfadlayaasha caawiya dadka qaba neefta.
- [Asthma Management in Schools – Minnesota Department of Health \(www.health.mn.gov/diseases/asthma/schools\)](http://www.health.mn.gov/diseases/asthma/schools)
Shaqaalaha dugsiyada waa bah-wadaag muhiim ah oo ka caawiya ardayda inay si guul leh u maareeyaan neeftooda. Bogagga waxay bixiyaan hagitaan iyo agab ka caawinaya shaqaalaha dugsiyada inay aqoonsadaan, ka hortagaan, oo maareeyaan calaamadaha neefta ee ka dhex dhaca deegaanka dugsiya.
- [Patient-Centered Asthma Care – Minnesota Department of Health \(health.mn.gov/diseases/asthma/professionals/healthcareprofessionals.html\)](http://health.mn.gov/diseases/asthma/professionals/healthcareprofessionals.html)
Daryeelka neefta waa iskaashi iyo mas'uuliyad ay wadaagaan bukaanka, bixiyaha daryeelka caafimaadka, iyonidaamyada taageera. Neefta waxaa lagu xakameyn karaa maarayn wax ku ool ah iyadoo la adeegsanayomabaadi'da hagta daryeelka ku salaysan bukaanka.
- [Athletes and Asthma: The Community Coach's Role training course – Minnesota Department of Health \(athletesandasthma.mn.gov\)](http://athletesandasthma.mn.gov)
Ka hel macluumaad dheeraad ah oo ku saabsan sida neefta u saameeyso carruurta ciyaara isboortiga iyo hawlahakale, iyo sida aad uga caawin karto ciyaartoydaada inay xakameeyaan neeftooda.

Macluumaadka Xiriirka

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