

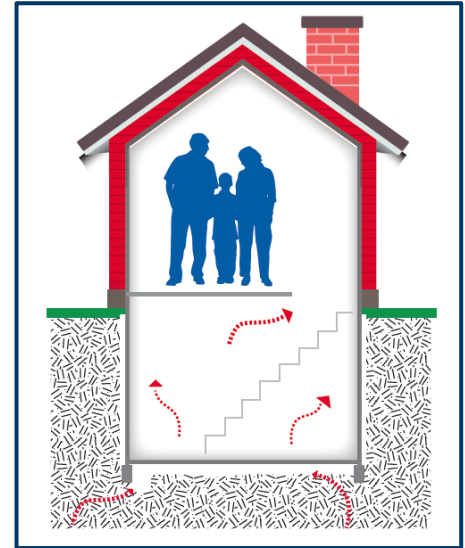
## Waa maxay soo gelista Uumigu?

### GURYAHA DEGAANKA AH

Kiimikada dhulka ku daatay ama lagu daadiyay ayaa waxay wasakhayn karaan ciidda iyo biyaha dhulka hoostiisa ku jira. Isku-dhafka Kiimikooyinka Dabiiciga ah ee Sida Fudud Hawada u Raaca (Volatile organic compounds (VOCs)) waa kiimikooyin si fudud hawada u raaca.

Kiimikooyinka VOCs ee uumi ahaan uga soo baxa carrada wasakhaysan iyo biyaha dhulka hoostiisa ku jira ayaa waxay kor ugu soo bixi karaan dhulka dushiisa. Haddii uumigani dhaqdhaqaaqo oo uu taabto dhismaha guriga, waxay ka soo gali karaan dildilaaca seeska, hareeraha tuubooyinka, ama iyaga oo soo maraya tuubooyinka bullaacadaha. Kiimikooyinka VOCs ayaa markaa wasakhayn kara hawada gudaha. Nidaamkan - marka wasakhdu ka soo baxdo meelaha hawadu ka jirto ee carrada dhexdeeda una gudubto hawada gudaha guriga - waxaa lagu magacaabaa soo gelitaanka uumiga.

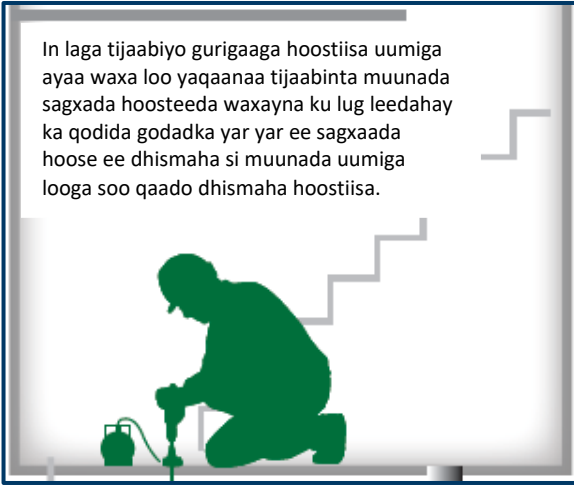
Isku-dhafka Kiimikooyinka Dabiiciga ah (VOCs) ee inta badan lagu helo baarista soo gelitaanka uumiga ee Minnesota waa industrial degreaser trichloroethylene (TCE), dareeraha nadiifinta qalalan ee tetrachlorethylene (perchloroethylene, PCE), iyo qaybaha batroolka. Guryaha tusaalooyinka noqon kara ee ay ilaha kiimikooyinka VOCs ay ka yimaadaan waa warshadaha, nadiifiyayaasha qalalan, iyo geerashyada dahaadhka biraha.



## Waa maxay u jeedada baarista soo gelista uumigu?

Dhismayaasha guryaha ayaa waxaa laga baaraa in uumigu soo galayo si loo go'aamiyo haddii ay jirto khatarta soo gelitaanka uumiga kiimikada ah ama haddii uu jiro walaac caafimaad oo suurtagal ah. Si ay u noqoto walaac caafimaad, uumiga wasakhaysan waa inuu soo galo hawada gudaha guriga isaga oo ah heerar welwel laga qabi karo oo dadku ay ku neefsadaan hawada gudaha ee wasakhaysan wakhti muddo ah. Khatarta caafimaad ee ka timaada uumiga soo gelayaa inta badan wuu hooseeyaa, laakiin waxaa muhiim ah in la qaado tillaabooyin lagu dhimayo ama meesha looga saarayo soo gelitaanka uumiga halka ay suurtagal tahay.

## Maxaa dhacaya haddii laga shakiyo in uu uumi soo gelayo?



Soo gelitaanka uumiga waxaa lagu baaraa iyadoo la soo ururinayo qaybo tijaabo muunad deegaanka ah si looga raadiyo kiimikooyinka iyo cadadka jira.

Haddii kiimikooyin ay ku jiraan dhismayaasha agtooda, waxa laga yaabaa inay lagama maarmaan noqoto in laga soo ururiyo muunad uumi ciidda ka hooseeya oo ku jira dhismaha hoostiisa. Muunadaha hawada gudaha ayaa sidoo kale la qaadi karaa. Muunada waxaa lagu soo ururiyaa qasacyo gaar ah oo halkan ka muuqda.



## Radonku jirta gudaha Guryaha

Radon sidoo kale waxay dhismayaasha ka soo gashaa carrada. Radon waa gaas aan ur lahayn, leh tamarta shucaaca oo si dabiici ah ugu jirta carrada. Radon waa sababta koowaad ee kansarka sanbabada u keenta dadka aan sigaarka cabbin. Minnesota gudaheeda, qiyaastii 40% guryuhu waxay leeyihiin heerar radon ah oo keenaya khatar caafimaad oo weyn. Wixii macluumaad dheeraad ah, booqo Waaxda Caafimaadka ee Minnesota (MDH) websaydka - [Radon ku jirta gudaha guryaha mn.gov/radon](https://www.mdn.gov/radon)

**XIRMADA QALABKA BAARITAANKA RADON EE BILAASHKA AH!** Haddii aad ku jirto ama ku dhowdahay aag laga baarayo soo gelitaanka uumiga, isticmaal macluumaadka xiriirka ee MDH ee hoose si aad ula xiriirto MDH si aad u codsato xirmada baaritaanka radon oo BILAASH ah.

## Maxaa la samaynayaa si loo yareeyo soo gelista uumiga iyo wanaajinta tayada hawada gudaha?

Haddii uumiga ku jira carrada gurigaaga hoostiisa laga helo heerar kiimiko oo muujinaya walaac, Hay'adda Xakamaynta Wasakhawga Minnesota (MPCA) ama Cidda Mas'uulka ah ayaa bixin doonta in ay ku rakibaan nidaam yaraynta khatarta si uumiga hawada dibadda loogu sii daayo. Nidaamkani waxa uu ka hortagayaa in uumiga dhulka hoostiisa ku jira ee waxyeelada leh uu soo galo dhismaha guriga waxayna la mid yihiin kuwa loo isticmaalo in looga ilaaliyo in radon uusan soo galin guryaha. Nidaamyada yaraynta soo gaarista uumigu way sahlan yihiin, waa kuwo la isku halayn karo, oo la xaqiijiyay inay waxtar leeyihiin.

## Biyaha aan cabbo miyey saameeyeen?

Soo gelista uumiga ayaa inta badan lala xiriiriyaa wasakhawga biyaha meel dhow dhulka hoostiisa ku jira ama carrada. Biyaha la cabbo ee dawladda hoose ayaa waxay inta badan ka yimaadaan ceelal qoto dheer ama biyaha dhulka korkiisa waxaana si joogto ah looga baaraa wasakhawga si loo hubiyo inay buuxiyeen halbeegyada. Haddii aad u isticmaasho ceel gaar aad u leedahay biyaha aad cabto oo lagu samaynayo baaritaanka soo gaaritaanka uumiga, la xiriir MDH wixii macluumaad dheeraad ah.

## Wixii su'aalo ama macluumaad ah

**Ee Ku saabsan baaritaannada goobta, muunada, hababka yaraynta halista**

Kala xiriir MPCA taleefoonka 651-757-2040 ama email ahaan [vaporinfo.pca@state.mn.us](mailto:vaporinfo.pca@state.mn.us).

[MPCA Maareynta soo galinta uumiga](https://www.pca.state.mn.us/air-water-land-climate/managing-vapor-intrusion)

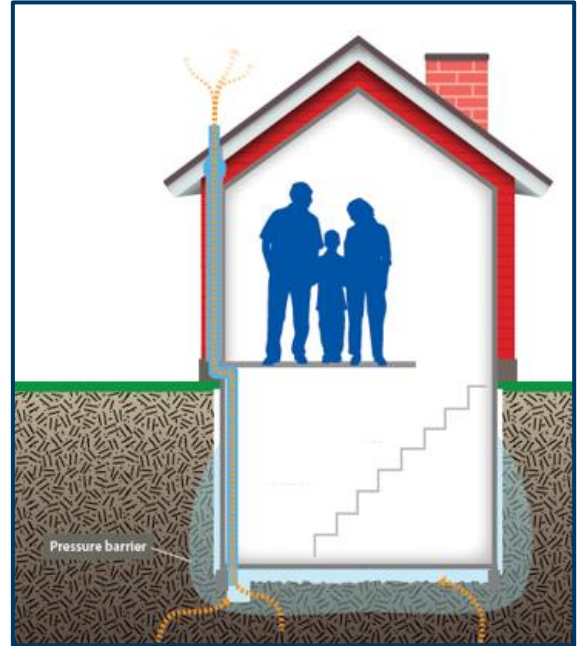
<https://www.pca.state.mn.us/air-water-land-climate/managing-vapor-intrusion>

**Wax ku saabsan soo gelitaanka uumiga iyo caafimaadka, radon, biyaha la cabbo**

Kala xiriir MDH taleefoonka 651-201-4897 ama email ahaan [health.hazard@state.mn.us](mailto:health.hazard@state.mn.us).

[Soo gelitaanka Uumiga MDH](https://www.health.state.mn.us/communities/environment/hazardous/topics/vaporintrusion.html)

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Nidaamyada yaraynta soo gaarista uumigu waxay u shaqeeyaan iyagoo abuuraya xannibaad cadaadis ah oo ka hortagaysa soo gelista uumiga.