

PFAS ku jirta Biyaha la Cabo

Waa maxay PFAS?

- Waxaha Per- and polyfluoroalkyl substances (PFAS) waa koox kiimikooyin dad-sameey ah oo si weyn loogu isticmaalo alaabta macaamiisha.
- PFAS waxay ka soo geli kartaa biyaha la cabbo iyadoo ka soo baxday warshadihii hore ama daadashada.
- Ma arki kartid, ma dhadhamin kartid, mana urin kartid PFAS-ka ku jirta biyaha la cabbo.
- Waaxda Caafimaadka ee Minnesota ayaa waxay nidaamka biyaha bulshada ka baaraysaa PFAS.
- Sida kaliya ee lagu ogaan karo haddii ceel gaar loo leeyahay ay ku jirto PFAS waa in laga baaro.

Sidee PFAS u saamayn kartaa caafimaadkayga?

Isticmaalka biyaha ay ku jirto heerarka PFAS ee gaaraya heerarka hagida caafimaadka ku salaysan ayaa waxay kordhin kartaa halista saamaynta caafimaadka sida:

- Kolestaroolka oo sarreeya
- Isbeddelka shaqada beerka
- Jawaab celinta difaaca jirka oo yaraatay
- Cudurka qanjirka thyroid-ka
- Kansarka kelyaha iyo xiniinyaha (ee PFOA)



Waa intee heerka PFAS ee biyaha la cabbo ku jira ee badbaadada ah?

MDH waxay isticmaashaa qiimoyaal caafimaadka ku salaysan si ay u qiimayso khataraha caafimaad ee ka yimaada PFAS. Heerarka hagida caafimaadka ayaa waxaa loogu talagalay in lagu ilaaliyo dadka ugu nugul ilaa soo gaaris socota noloshooda oo dhan. Haddii wax ka badan hal PFAS laga helo biyaha la cabbo, MDH waxay qiimaysaa khatartooda caafimaad ee isku darka ah iyadoo la isticmaalayo Tusaha Khatarta Caafimaadka.

Ma jirto ama way yartahay khatarta caafimaad ee ka imanaysa cabitaanka biyaha leh heerarka PFAS ee gaaraya ama ka hooseeya heerarka hagaha. Biyaha la cabbo ee leh heerka Tusaha Khatarta Caafimaadka ee PFAS oo ka hooseeya hal ayaa keenaya wax yar oo khatar caafimaad ah ama aan wax khatar caafimaad ah keenaynin.

Biyaha la cabbo ee leh heerarka PFAS ee ka sarreeya heerka tusaha hagida ama heerka Tusaha Khatarta Caafimaadka ayaa waxay keenaysaa walaac caafimaad oo suurtagal ah. Ma keenayso khatar caafimaad oo degdeg ah. Heerarka hagitaanku waxay ku salaysanyihiin dhawr arrimood oo badbaado ah dadka badankoodana si xad dhaaf ah ayey u ilaaliyaan.

Nidaamyada biyaha bulshada ee ay ku jirto PFAS sare ayaa waxay qaadi karaan tallaabooyin lagu dhimayo heerarka PFAS. Nidaamyadani waxay hoos u dhigi karaan heerarka PFAS iyada oo la adeegsanayo daaweynta ama yaraynta in laga soo dhaamiyo ceelasha wasakhaysan.

Waa maxay heerarka PFAS ee ku jira biyahayga la cabbo?

Si aad u aragto natiijooyinka baarintaanka PFAS ee nidaamka biyaha bulshada, [soo booqo Tusaha lala Falgeli karo ee ka Baarintaanka PFAS Biyaha la Cabo](https://www.health.state.mn.us/communities/environment/water/pfasmapp.html) (<https://www.health.state.mn.us/communities/environment/water/pfasmapp.html>).

Si aad wax badan uga barato ka baarintaanka PFAS ceelasha gaarka loo leeyahay, heerarka badbaadada ah ee biyaha la cabbo, saamaynta caafimaadka, iyo hawlaha socda, [soo booqo Per- and Polyfluoroalkyl substances \(PFAS\)](https://www.health.state.mn.us/communities/environment/hazardous/topics/pfcs.html) (<https://www.health.state.mn.us/communities/environment/hazardous/topics/pfcs.html>).

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