VERMONT
DEPARTMENT OF HEALTH

Nadiifinta, Sifeynta iyo Jeermis ka dilista Amaanka ah ee Xarumaha Daryeelka iyo Waxbarashada Ilmaha

Oktoobar 2024

Nadiifinta, sifeynta iyo jeermis dilistu waa qaabab kaa caawinaaya kahortaga in jeermisku faafo iyo in cudur kugu dhaco. Hase yeeshee, qaar kamid ah agabka nadaafada oo lagu iibiyo bakhaarada ayay ku jiri karaan kiimikooyin waxyeelo u gaysan kara caafimaadkaaga.

Ilmaha ayaa u nugul saamaynada caafimaadka ee kiimikooyinka sunta ah ee ku jira agabka nadaafada iyo daawooyinka jeermiska dila. Tani waxaa sabab u ah in carruurtu ay korayaan, xubnaha jirkooduna wali kobcayaan. Ilmuhu waa inaysan u dhawaan agabkaan. Bixiyaasha daryeelka carruurta ee uurka leh ama qorsheynaaya inay uur yeeshaan waa inay doortaan agabka badqabka leh ayna bartaan sida qaab badqab leh loogu adeegsado.

Neefta ayay kuu raaci karaan kiimikooyinka ku jira agabka nadaafada iyo jeermis dilista. Waxaa dhuuqi kara maqaarkaaga. Qaar badan ayaa sababi kara xanuunka neefta ama kicin kara astaamaha xanuunka neefta. Waxay sababi karaan finanka maqaarka, dhaawacyada indhaha ama sumoobid Waxay sababi karaan saameynada mudada dheer ee caafimaadka.

Nadiifinta, sifeynta iyo jeermis dilista amaanka ah ayaa muhiim ah

Waa muhiim in aad doorato agabka ugu amaansan ee aad heli karto aadna taqaano marka aad nadiifinayso, marka aad sifeynayso, iyo marka aad jeermis dile marinayso. **Ha marin jeermis dile wax keliya u baahan in la nadiifiyo. Jeermis dileyaasha ayaa ah kuwo ka sun badan maadooyinka nadiifinta.**

Cudurada qaar, sida xanuunka qaboowga, hargabka iyo COVID-19, ayaa ku faafa hawada. Marinta daawada jeermiska meelaha dushooda ayaan joojin doonin faafidooda. **Farxalka ayaa ah waxa ugu muhiimsan ee aad samayn karto si aad uga hortagto faafida cuduradaan. Saabuunta iyo biyaha ayaa ugu fiican.** Adeegso gacmo sifeeye ka kooban ugu yaraan 60% aalkolo marka aadan heli karin saabuun iyo biyo. Furista daaqadaha si aad u hesho hawo nadiif ah ama adeegsiga nadiifiyaasha hawada ayaa sidoo kale kaa caawin kara yareynta faafitaanka jeermiska.

Sida loo Nadiifiyo, Loo Sifeeyo loogana Dilo Jeermiska

Marka hore nadiifi si aad u disho jeermisyada saaran dusha meelaha.

- Ku xoq saabuun ama oomo iyo biyo.
- Si joogto ah u nadiifi.
- Nadiifi ka hor inta aadan marin sifeeye ama aadan ku shubin jeermis dile. Nadiifiyaasha iyo jeermis dileyaasha ayaa waxtarkoodu hooseeya marka meeshu wasaq tahay.

Nadiifi si aad u yareyso jeermisyada saaran dusha meesha ama alaabaha.

- Si joogto ah jeermiska uga sifee dusha meelaha cuntada lagu cuno, lagu kaydiyo ama lagu diyaarsho.
- Si joogto ah u sifee boonbaleyaasha iyo agabka ilmuhu ku ciyaaro ee ilmuhu afka gashtaan.
- Dooro inaad sifeyso aaladaha marka ay suuragal tahay si aad iskaga ilaaliso kiimikooyinka jeermiska dila. Nadiifiyaasha uumiga bixiya ayaa nadiifin kara sagxada iyo qaanadaha. Mashiinnada weelasha dhaqa ayaa nadiifin kara weelasha iyo boonbaleyaasha iyo cinjirada ilmuhu nuugaan ee ilmuhu afka gashtaan.

Ku shub daawada jeermiska disha meelaha adag ama walxaha adag.

- Jeermis dile mari qalabka iyo dusha meelaha loo adeegsado musqulaha, la saaro xafaayadaha ama lagu nadiifiyo dheecaannada jidhka. kuwaan waxaa ku jira miisaska lagu badelo xafaayadaha, siimanka musqulaha iyo fadhiyada musqusha, iyo meelaha aadka loo taabto sida dusha faseexadaha albaabbada, tuubooyinka musqusha iyo qasabada biyaha la cabo.
- Adeegso gacmo gashiyada kiimikada iska difaaca.
- Dooro jeermis dileyaasha leh wakhtiga jiritaanka gaaban, ama wakhtiga maadadu saarnaanayso meesha si jeermis dilistu u shaqeyso.
- Dooro jeermis dile aan u baahnayn biyo raacin kadib marka la adeegsado. Haddii maadadu ay reebto calaamad, markaas raaci biyo iyo maro nadiif ah kadib marka aad adeegsato.

Adeegso maro suuf ah ama tirtire si aad u nadiifiso, u sifeyso aadna jeermiska uga disho meesha.

- Marada suufka ah ayaa si fiican u dhuuqaysa qoyaanka marka loo eego agabka kalewaxayna meesha ka tiraysaa wasaqda iyo jeermisyada.
- Marka aad dhamayso adeegsiga marada suufka ah ama tirtiraha, ku rid mashiinka dhar dhaqaalka. Ku dhaq keliya maryaha kale ee suufka ah **keliya**, haku dhaqin dharka kale. Ku qalaji qalajiyaha aad dabka u yareysay, ama war ha qalashee.

Sida loo doorto Agabka Badqabka leh

Dooro agabka shahaadada ka haysta **Green Seal, Safer Choice, ama Design for the Environment**. Agabka leh shahaadooyinkaan ayaa leh maadooyin amaan ah. Ka fiiri sumadahaan:

GREEN SEAL greenseal.org

SAFER CHOICE Meets U.S. EPA Safer Product Standards epa.gov/saferchoice

DESIGN for the ENVIRONMENT Meets U.S. EPA DfE Product Criteria™ epa.gov/dfe

Haddii alaabtu aysan lahayn midkood sumadahaan shahaadada, dooro alaab:

- Uusan ku qornayn erayga "Khatar" ama "Digniin" qasaca ay ku jirto.
- Aan ahayn aerosol (alaab aad buufin karto, badelkii aad maro ku shubi lahayd).
- Ay ku jirto liiska maadooyinka.
- Aan lahayn urka xoogan ee kiimikada.
- Aan lahayn caraf ama boolish (midabyo) Dooro maadooyinka aan lahayn urka badelkii aad dooran lahayd kuwa uraaya. Aan lahayn ur waxaa caadiyan laga wadaa in aan lagu darin kiimikooyin si loo badelo urka maadada. Kuwa carfaaya waxaa caadiyan laga wadaa in kiimiko lagu daray si loo qariyo urkeeda.

Erayada sida “dabiici,” ku haboon dhaqaalaha,” iyo “bii'ada u roon” maaha kuwo ay hubisay ama taageerayso dawladu.. Kama dhigna **in** alaabtu tahay mid badqab leh.

Xulashada nadiifiyaasha amaanka ah

- Raadi summada Green Seal ama Safer Choice.
- Dooro maado aan lahayn ur iyo midabyo.

Xulashada sifeeyaasha iyo jeermis dileyaasha amaanka ah

- Dooro nadiifiye ama jeermis dile leh summada Design for the Environment. Haddii aysan maadadu lahayn wax summad ah, ka eeg agabka shaqeynaaya ee amaanka ah sidae hydrogen peroxide, citric acid, ethanol, lactic acid ama isopropanol.
- Xaqiiji in alaabta aad doorato ay leedahay lambarka diiwaan gelinta EPA.
- Ka eeg erayga "Digniin." Iska ilaali maadooyinka leh erayada "Khatar" ama "Digniin."
- Xaqiiji in alaabta loo ansixiyay dusha meesha aad dooneyso inaad mariso.
- Xaqiiji in wakhtiga ay meesha saarnaanayso yar yahay (sida haboon 30 sikin ilaa 1 daqiiqo).
- Xaqiiji in sifeeyaasha loo ogolaaday inay taabtaan goobaha cuntada.
- **Iska ilaali warankiilada iyo maadooyinka ay ku jiraan qaybaha quaternary ammonium compounds (“quats”).** Waxay sababaan ama uga sii daraan xanuunka neefta. Way adag tahay in warankiilada si sax ah loo qaso haddii aad adeegsanayso nooca qasan.

Meesha aad Ka Iibsanayso Agabka Amaanka ah

Qaybiyaasha ayaa caadiyan ka qiimo jaban tafaariiqleyda sida dukaannada daawada ama dukaannada adeegga. Agabka ayaa wata Xaashida Badqabka Xogta (SDS) oo ay ku jiraan xogta muhiimka ah ee badqabka ayna tahay in lagu hayo goobta daryeelka ilmaha. Informed Green Solutions ayaa iskaashi la samaysay WB Mason si ay u siiso bixiyaasha daryeelka imaha agab badqab leh iyo qiimo jaban. Ogoow sida looga dalbado alaabta oonlaynka shirkada Informed Green Solutions (Iifaaqu waa af Ingiriis).

Agabka tafaariiqda ah waxaa laga soo iibsadaa dukaanka. Dukaannada ayay u badan tahay inay hayaan qaarkood qabaka Green Seal, Safer Choice, iyo Design for the Environment - xasuusnoow inaadraadiso summadaha!

Xog badan ka ogoow agabka nadiifinta badqabka leh iyo farsamooyinka adoo booqanaaya www.InformedGreenSolutions.org (Ilifaaqu waa af Ingiriis).

Xaqiijin: Mashruucaan waxaa taageertay Informed Green Solutions. Informed Green Solutions waa shirkad 501(c)(3) ah oo bixisa waxbarasho ku aadan dheefaha iibsiga agabka ku haboon bii'ada iyo saamaynada go'aannada iibsigu ku leeyihiin caafimaadka aadanaha iyo bii'ada.