

KU NOOLANSHAHA CAAFIGAAD WUXUU KA BILAABMAA GURIGA

Hab-daqamada Nadiifinta Badqabka leh si
loo yareeyo Soo-gaarista Sunta

Si aad u dalbato qaabilaada ADA (Americans with Disabilities Act),
kala xidhiidh Bay'ada taleefanka 360-407-6700 ama iimaylka
hwtrpubs@ecy.wa.gov, or booqo ecology.wa.gov/accessibility.
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eegay Abriil 2024



DEPARTMENT OF
ECOLOGY
State of Washington

Ka dhig Goobtaada Mid Caafimaad Qabta

Sideed u yarayn kartaa soo-gaaristaada kiimikooyinka sunta ah? Ka bilow guriga isbeddello fudud oo ku yimaadda hab-dhaqannadaada nadaafada.

Hagaaji tayada hawada guriga gudihiisa

Hawo nadiif ah ee gudaha guriga:

- Fur dariishadaha si aad u kordhiso hawo-qaadashada — laakiin kaliya marka cimilada iyo badqabka ku ogolaato.
- Maalgasho sifeeyaha leh shaandhada HEPA, ama dooro filtar leh [qiimaynta sare ee MERV \(Minimum Efficiency Reporting Value\)](#)¹ nidaamkaaga HVAC. Markasta oo ay sareeyso qiimeynta MERV, ayaa si fiican u shaandheyntu u tahay dabinnada wasakhawga hawada.

Kaga tag kabaha albaabka.

Kabahayagu waxay la socon karaan kiimikooyinka sun ah sida [arsenic iyo lead](#)² oo soo gaaraha goobaha aan ku noolnahay.

- Isticmaal dacsad si aad u yarayso cadadka wasakhaysan ee gurigaaga soo galaya.
- U diyaari meel albaabka agtiisa ah meel loogu talagalay qoyskaaga iyo martidaada si ay uga baxaan kabaha.

Si joobta u qalajoo busta uga tirtir.

Kiimikada suntu waxay ku ururin karaan boodhka iyo walxaha jilicsan sida roogagga.

- Si joogta ah ugu tirtir dusha sare [maro dun ah](#)³ ama maro qoyan si boodhka looga tirtiro.
- Isticmaal faakuum leh shaandheeyaha HEPA si aad u qabato dhammaan walxaha yaryar. Tani waxay si gaar ah muhiim u tahay in la ilaaliyo carruurta iyo xayawaanka rabaayada ah ee waqti badan ku qaata dhulka.



Dooro Alaabta Nadiifinta ee Badabka leh

Si fiican usoo dukaamayso

Haddii aad iibsantayso nadiifiyayaasha ama maaddooyinka lagu sameeyo, hubi waxa aad hore u haysatid guriga. Haddii aad iibsato waxa aad u baahan tahay oo keliya, uma baahnid inaad kaydiso alaab dheeraad ah. Ka sokow caawinta deegaanka, midani waxay kaa badbaadin kartaa lacag. Haddii aadan u baahnayn badeecad, hubi adeegga qashinka ee degaankaaga, wac 1-800-RECYCLE, ama booqo 1800recycle.wa.gov si aad u hesho ikhtiyaaro qashin tuuris oo nabdoon.

Si badqab leh usoo dukaamayso



Ha soo gadanin alaab leh erayga calaamada digniinta **Halis ah** ama **Sun ah**.



Isku da inaad ka fogaato alaabta leh erayga **Digniin** ama **Taxdar**.



Dooro Alaabo badqab leh oo wata shahaadooyin qolo saddexaad sida kuwan:



Ikhtiyaarada Badqabka leh⁴

Badqab u leh dadka, xayawaanka rabaayada ah, iyo meeraha.



Habaynta Deegaanka⁵

jeermis dilayaasha iyo nadiifiyayaasha Badqabka leh.



Cradle to Cradle⁶

Booqo websaytkooda si aad u raadiso alaabada, gaar ahaan lagu cadeeyay platinum- ama gold.



Raadso alaabta lagu qoray **caraf la'aan.**⁷

Ereyada caraf la'aan ah iyo waxyaabaha aan carfaynin isku mid maaha.

- **Alaabada waxyaabaha aan carfaynin** waxaa ku jiri kara kiimikooyin wayeello leh oo aan la shaacin oo qariya urka maaddooyinka kale.
- **Caraf la'aan ah** macneheedu waxa weeye in alaabta loo isticmaalo udgoon iyo udgoon daboolaya.



Habraaca Do-It-Yourself

Waxaad samayn kartaa nadiifiyeyaal adiga kuu gaar ah oo qof walba oo badqab leh. Waxyaabaha ay ka kooban yihiin waa kuwo aan qaali ahayn oo si fudud loo heli karo, marka lagu daro waxaad kaa caawin doontaa ilaalinta bulshadaada iyo deegaanka adiga oo yareynaya ilaha kiimikada sunta ah.

Nadiifiyaha Danaha Badan loo Adeegsado

U daa buufintu in ay ku saarnaato 5 daqiiqo dusha sare (oo loo yaqaan **waqtiga degenaanshaha**) ka hor inta aanad tirtirin.

Maadooyinka

- 1 qaado saabuunta weelka dareeraha ah (ma aha nadiifiyaha)
- ½ koob oo khal cad oo biyo lagu daray
- 1½ koob oo biyo ah

Tilmaamaha

Ku dar dhammaan maaddooyinka dhalada buufinta 16-wiqiyadood ah oo nadiif ah. Ku xir furka oo si fiican u rux.

Nadiifiyaha muraayada

Isticmaal habraaca nadiifinta ee ujeedooyinka badan. Ku buufi nadiifiyaha dusha sare oo ku xoq marada aan dheeha lahayn.

Ama isticmaal habraacan

Maadooyinka

- 1 koob o khal ah
- 1 koob oo biyo ah

Tilmaamaha

Ku qas dhalada buufinta, ku buufi dusha dhalada, oo ka tirtir.

Daaqadaha dibadda, isticmaal suuf oo ku mayr biyo diiran iyo dhawr dhibcood oo saabuun dareere ah. Si fiican u biyo raaci oo marooji si ay u qalasho.





Si badqab leh u Isticmaal Nadiifiyaha

Ilaali dadka aad jeceshahay adiga oo nadiifinaya marka ay qolka ka maqan yihiin. Si taxadar leh u akhri oo raac tilmaamaha dhammaan nadiifiyayaashaada ka hor intaadan isticmaalin. Ka digtoonow khataraha la xiriira alaabta oo raac taxaddarrada lagu taliyey. Ka dib markaad isticmaasho alaabta wax lagu nadiifiyo, gacmahaaga si fiican ugu dhaq saabuun iyo biyo diiran.

Foornooyinka cunto karinta

Ha u isticmaalin nadiifiyahan foornooyinka iskood isu nadiifiya.

Maadooyinka

- 1 koob oo budada nadiifinta ah
- Biyo

Tilmaamaha

Ku qas budada nadiifinta biyo ku filan si aad u sameysid koollo. Ka mari dusha foornada oo u ogolow inay istaagto 10-15 daqiiqo ka hor intaadan xoqin. Isticmaal suufka lagu xoqo meelaha wasakhda leh iyo qaado si aad u hoos gasho kaydka cuntada ee waaweyn. Waxaa laga yaabaa inaad u baahato inaad si adag u xoqdo, laakiin baking soda ma aha sun adiga, qoyskaaga, ama xayawaankaaga rabaayada ah.

Kulayliyayaasha Cuntada

Maadooyinka

- ¼ koob oo khal cad oo biyo lagu daray
- 1 koob oo biyo ah

Tilmaamaha

Ku qas khal iyo biyo kulayliyaha cuntada si badqab leh. Ku kulayli kulayliyaha cuntada. Sug ha qabawdee. Uumigu wuu ka yaraan doonaa cuntada la dubay, taasoo sahlaysa in la nadiifiyo.



Tubooyinka, saxanadaha, iyo madiibadihii musqusha

Maadooyinka

- Budada nadiifinta
- Saabuunta weelka dareeraha ah (ma aha saabuunta)

Tilmaamaha

Waxaad isticmaali kartaa budada nadiifinta halkii aad ka heli lahayd budada xoqidda. Ku dul daadi alaabta dhoobada ah oo ku xoq maro qoyan. Ku dar saabuun yar marada si aad awood dheeraad ah u nadiifiso. Si fiican ugu luqluq biyo si aad isaga ilaaliso in aad ka tagto filim qalafsan.

Saxanka musqusha, ku saydhaa budada nadiifinta gudaha saxanka. Ku dar dhawr dhibcood oo saabuun ah oo ku xoq burushka musqusha. Ku dhamee dusha sare calal lagu rusheeyey budada nadiifinta.

Linoleum, marmar, iyo alwaax

Maadooyinka

- Saabuunta weelka dareeraha ah (ma aha saabuunta)

Tilmaamaha

Ku tuuji dhibco saabuun ah marada qoyan oo si degdeg ah u xoq. Maro dhaqashadu waxay socon doontaa waqti dheer waxayna abuurtaa qashin ka yar isbuunyada.



Sagxada aan xabagta lahayn

Maadooyinka

- ½ koob oo khal cad oo biyo lagu daray
- ½ galaan biyo diiran

Tilmaamaha

Ku dhaq sagxadaha khalka iyo biyaha. Uma baahnid inaad biyo raaciso! Kaliya iska hubi inaad si fiican u maroojiso xaaqinkaaga - sagxadahaagu waa inay dhaqso u engegaan.

Caaryada

Maadooyinka

- 1 qaado saabuunta dareeraha ah
- 1½ koob oo biyo ah

Tilmaamaha

Isku qas saabuunta dharka lagu dhaqdo iyo biyaha dhalada buufinta ah. Ku buufi meelaha adag oo ka xoq dhammaan caaryada, ka dibna xalku si buuxda ha u engegin.

Ka ogaw wax badan oo ku saabsan nadiifinta iyo ka hortagga caaryada [Websaytka Waaxda Caafimaadka](#).⁸



Wixii macluumaad Dheeraad ah

Ma rabtaa inaad wax badan ka ogaato? Fiiri bogga internetka ee waxtarka leh ama nala soo xiriir si aad u hesho faahfaahin dheeraad ah!

- [Sideed ku garanaysaa waxa badqaba?](#)⁹
- [Doro Alaabta Badabka leh](#)¹⁰
- [Xaashida Xaqiiqooyinka Nadiifinta](#)¹¹
- [Nadiifinta, Jeermis-dilitaanka, iyo Ka nadiifinta Wasakhda](#)¹²

Iskaan garee koodhka QR Kaamirada talefoonkaaga casriga ah si aad u hesho wax badan oo ku saabsan alaabta badbaadada leh iyo kiimikooyinka sunta ah ee gurigaaga yaal:



Xiriirka

Kooxda Badqabka Kiimikada:
Safer.Chem@ecy.wa.gov
360-407-6700



Xaquuqda Sawirka

- Bathroom vector courtesy of pikisuperstar/Freepik and pch.vector/Freepik.
- Window vector courtesy of pch.vector/Freepik.

Dhamaadka

- 1 <https://www.epa.gov/indoor-air-quality-iaq/what-merv-rating>
- 2 <https://ecology.wa.gov/HealthyActions>
- 3 <https://deohs.washington.edu/sites/default/files/brochures/microfiber-factsheet.pdf>
- 4 <https://www.epa.gov/saferchoice/products>
- 5 <https://www.epa.gov/pesticide-labels/dfe-certified-disinfectants>
- 6 <https://c2ccertified.org/certified-products-and-materials>
- 7 <https://www.epa.gov/saferchoice/safer-choice-criteria-fragrance-free-products>
- 8 <https://doh.wa.gov/community-and-environment/contaminants/mold>
- 9 <https://ecology.wa.gov/Blog/Posts/June-2020/Safer-Choice-Because-you-shouldn-t-need-a-PhD-to-k>
- 10 <https://kingcountyhazwastewa.gov/en/households-disposal/households-safer-home-products>
- 11 <https://resources.oshce.uw.edu/1s6jug8/>
- 12 <https://www.kingcounty.gov/depts/health/child-teen-health/child-care-health/bleach.aspx>