



Public Health

Seattle & King County

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

## Nadiifinta ceelasha gaarka ah

**Waa maxay sababta looga baahan yahay in la nadiifiyo ceelasha gaarka loo leeyahay?**

- Biyaha la cabو waa in ay nadiif ka yihin kiimikada iyo jeermisyada cudurrada keena. Jeermisyadani waxaa ay keeni karaan cudurrada sida *giardiasis*, *gastroenteritis*, iyo *hepatitis*. Marka ay dhibaato gaarto ceelka ama biyo daad ahi galaan, jeermisyada cudurrada dhaliya iyo kiimikada ayaa dhexgeli kara biyaha ceelka.
- Ujeeddada nadiifinta waa in laga dilaa ama joojiyaa dhammaan jeermisyada cudurrada keena ee ku jiri kara.
- Kiimikadu waa ay ka dhib badan tahay in la baabi'yo. Kala tasho qaybta caafimaadka dadweynaha xal u helidda kiimikada.

**Maxaan sameeyaa haddii aan tuhmo in biyaha ceelka ay wax gaareen?**

- Natijjooyinka shaybaarka ayaa soo saari kara kiimikada qaarkeed iyo kooxada baktiiryada loo yaqaan "**coliform**."
- Jiritaanka *coliform* waxaa ay tilmaamaysaa in ay suuragal tahay in saxaro soo gaartay taasoo wadata halis caafimaad.

**Sideen isaga baaraa biyaha ceelka?**

- Hay'adda Caafimaadka Dadweynaha ayaa biyaha ka baaraya in ay ku iraan *coliform*, balse ma ay baaraan kiimikada. Kharash ayuu baaritaanku leeyahay. Qalabka baaritaanka waxaad ka heli kartaa xafiiska xaafadda ee caafimaadka dadweynaha.
- Shaybaarrada qaaska ah sidoo kale waxay biyaha ka baaraan *coliforms*. Sidoo kale waxay ka baaraan in kiimiko ay ku jirto. Liiska shaybaarrada waxad ka heli kartaa buuga taleefanka ee huruudka ah(yellow pages) qaybta shaybaarrada "laboratories - analytical."

**Maxaan sameeyaa haddii natijada baaritaanka biyaha ceelkayga uu noqdo "mid aan fiicnayn"?**

- Haddii *coliforms* laga helo biyaha, ceelka waxaa loo nadiifin karaa sida hoos ku geexan.

Environmental Health Services Division

999 Third Avenue, Suite 700 • Seattle, WA 98104-4039

T (206) 205-4394 F (206) 296-0189 • [www.metrokc.gov/health](http://www.metrokc.gov/health)



City of Seattle  
Gregory J. Nickels, Mayor



King County  
Ron Sims, Executive

- Warankiinada guryaha loo isticmaalo ayaa ah qaab nadiifineed ee waxtar iyo dhaqaalaba leh. Warakiinada waxaad u helaysaa iyadoo dhagaxyo ah.

### **Sideen u nadiifiyaa ceel qodan?**

- Xisaabi tirada nadiifiyaha loo baahan yahay adigoo isticmaalaya qaybta hoose.

WARAKIINADA EE CEELKA QODAN		
Ballaca ceelka (oo cagood-feet)	Tirada 5.25% ee warakiino ah halkii cag oo biyo ah	Tirada 70% warakiinada dhagaxyada ah ee halkii cag oo biyo ah
3	1 1/2 koobab	1 ounce
4	3 koobab	2 ounces
5	4 1/2 koobab	3 ounces
6	6 koobab	4 ounces
7	9 koobab	6 ounces
8	12 koobab	8 ounces
10	18 koobab	12 ounces

- Cabbir ballaca ceelka, waxaadna jajabka cabbirka ku buuxisaa cabbirka caaga ee u sido. (Tusaale: 5.3 cagood (*feet*) = 5 cagood (*feet*); 5.7 cagood (*feet*) = 6 cagood (*feet*))
- Waxaad heshaa tirada warankiinada loo baahan yahay si ay u nadiifiso caag kasta oo biyo ah ee ballaca aad cabbirtay. Tusaale ahaan, tirada loogu talagalay ceel ballaciisu yahay 5-cagood (*feet*) waa 4-1/2 koobab cagtiiba.
- Waxaad heshaa dhererka ceelka oo cagood (*feet*) lagu cabbiray.
- Waxaad cabbirkani ku dhufataa xisaabta warankiinada la isticmaalayo ee aad soo saartay. Ballac 5-cagood (*feet*), ceel dhererkiiisu gaarayo 40 cagood (*foot*):
  1. Waxaad tagtaa shaxda ay ku taal 4-1/2 koobab oo warakiino ah cagtii biyo ee ceelka ballaciisu yahay 5-cagood.
  2. Kaddibna ku dhufo 4-1/2 koobab oo warankiino ah ceelka dhererkiiisu yahay 40-cagood.
  3. Tirada guud ee warankiinada loo baahan yahay waa 4-1/2 lagu dhuftay 40 ama 180 koobab oo warankiino ah chlorine bleach. Tani waxaa ay la mid tahay 11.25 oo *gallon* marka la isticmaalayo beddelka 16 koobab halkii *gallon*.
- Waxaad isticmaashaa weel cabbirkiiisu munaasab yahay oo nadiif ah, kuna shub warankiinada ceelka.

- Inta aad warankiinada ceelka ku shubeysid, ku daadi derbyada ceelka.
- Xir daboolka ceelka.
- Fur dhammaan dhoomaanka (tubooyinka) biyaha oo matoorka kaga soo daadi illaa urka warankiinada aad ka dareentaa dhuun waliba. Kaddibna matoorka jooji oo habeenimada ha ku baryaan si ay si fiican isugu qasmaan.
- Maalinta xigta, wada fur dhammaan dhoomanka iyo matoorka oo biyaha ka soo saar illaa ay urka warankiinada ka dhammaato. Xaqiji in aad ku ekeysid biyaha tuubada ka soo baxaya heer aanney haanta ku buuxsimin.
- 5 cishood oo aad caadi u isticmaasho kaddib, biyaha ka baar in ay ku jiraan *coliform*.

### **Sideen u nadiifiyaa ceelasha dhuumanka lagu qoday?**

- Xisaabi tirada biyaha ceelka ku jira adigoo ku d hufanaya gallon-ka caagiiba dhererka ceelka oo cagood lagu cabbiray. Tusaale ahaan, ceel ballaciisu yahay 6-inch waxaa ku jira 1.5 gallon oo biyo ah caagiiba. Haddii ceelka uu dherkiisu yahay 120 cagood, ku dhufo 1.5 gallon cagtiiba 120 cagood si aad u heshaa 180 oo gallon.

<b>WARANKIINADA LAGU SHUBO CEELASHA DHUUMANKA KU QODAN</b>	
Ballaca ceelka (oo inches ah)	Gallon-ka (cagtiiba)
3	0.37
4	0.65
5	1.0
6	1.5
8	2.6
10	4.1
12	6.0

- 100-kii gallon oo biyo ah ee ceel ku jira, waxaad isticmaasha tirada warankiinada (dareere ama dhagaxyo) ku tilmaaman jadwalka hoos ku tilmaaman.

<b>TIRADA JEERMIS-TIRAHU LOO BAAHAN YAHAY 100-KII GALLON OO BIYO AH</b>	
Kiimikada	Tirada
Warankiinada dhaqmada (5.25% Warankiino)	3 koobab (*)
Dhagaxyada <i>Hypochloride</i> (70% Warankiino)	2 ounces (**)

**(\*) 1 koob = 8 ounce cabbirka koobka**

**(\*\*) 1 ounce = 2 qaado dhagaxyada warakiinada**

- Isku qas 10 gallon oo biyo ah iyo tirada warankiinada dareeraha ama dhagaxyada ah.
- Ka fur boolka haya daboolka ceelka.
- Adigoo isticmaalaya dhuunta ceelka ku shub jeermis-dilaha.
- Tuubo ku xir dhuunta xagga ay biyaha ka soo baxayaan kaddibna dhex geli weelka sare ee ceelka.
- Shid matoorka. Biyaha dib ugu shub ceelka oo waxaad dhaqdaa weelka geesihiisa ugu yaraan 15 daqliqadood.
- Wuxaan furtaa dhuun waliba oo biyaha ha soo mareen illaa aad warankiinada dareentid.
- Xir dhammaan dhuumanka iyo daboolka ceelka.
- Biyaha warankiinada leh ha ku jireen dhowr saacadood, iyadoo ay fiican tahay in habeennimada sidaa loo dayo.
- Kaddib marka aad biyaha sidaa ku dayside, shid matoorka oo fur dhuumanka oo idil. Biyaha ha mareen illaa urka warankiinada ay ka dhammaato. Xaqiji in marriinka dhuumanka ee biyaha ay xawli yar ku socdaan si haanta biyaha aanney u buux dhaafin.
- 5 cishood oo aad caadi u isticmaasho kaddib, biyaha ka baar in ay ku jiraan *coliform*.