

Sunta celisa cayayaanka

Xaashida xaqiiqada



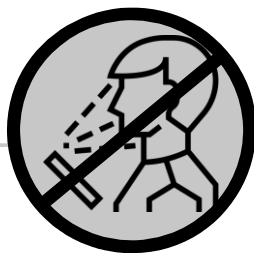
Sunta celisa cayayaanka waxay dhimi kartaa qaniinyada kanecada iyo shillinta. Qaniinyada kanecada iyo shillinta waxay u horseedi karaan cudurro halis ah sida fayraska West Nile iyo cudurka Lyme. Isticmaalida sunta celisa cayayaanka waxay u saamaxdaa shakhsiyaadka inay waqti ku qaataan bannaanka iyo inay dhinto halista loogu jiro qaniinyada kanecada iyo shillinta.

Waxyaabaha Guud ee La Tixgeliyo

Had iyo jeer raac tilmaamaha ku qoran dhegaatiga sunta.



Ha marin sunta celisa cayayaanka sarmoooyinka, nabarrada, ama maqaarka ku cuncunaya



Ha ugu buufin si toos ah wejiga



Ha ku buufin aaggaga hawada lahayn ama meel cunto ka dhowdahay



Kadib markaad gudaha ku soo noqoto, ku dhaq maqaarka/jirka la mariyay saabuun iyo biyo

- U isticmaal oo keliya sunta celisa cayayaanka oo kugu filan maqaarka ama jirka aan dharka ku dadnayn.
- Mari sunta celisa cayayaanka maqaarka/jirka aan dadnayn oo keliya.
- Looma baahna in wax badan la marsado.
- Si toos ah ha ugu buufin sunta celisa cayayaanka rabaayadaha.

Waa Tee Sunta Cayaanka ee u Fiican Maqaarka/Jirka?



Xarunta Xakamaynta & Kahortagga Cudurrada ee Maine (CDC) ee Marykanka (US) waxay ku talinaysaa in la isticmaalo baddeecooyinka la ogyahay inay shaqaynayaan marka lagu sameeyay tijaabooyin saynis oo ay ku jiraan kuwa leh maaddooyinka firfircoon ee u diiwaangashan Hay'adda Ilaalinta Deegaanka ee Maraykanka (EPA). Baddeecooyinka soo socda waa kuwa leh maaddooyinka firfircoon ee u diiwaangashan EPA si loogu isticmaalo maqaarka/jirka:

- **DEET** (N, N-diethyl-m-tolumide)
- **Picaridin** (KBR 3023 ama "Bayrepel")
- **IR3535** (Ethyl butylacetylaminopropionate)
- **Saliida Lemon Eucalyptus** (p-Menthane-3,8-diol ama PMD)

Baddeecooyinka leh maaddooyinka DEET iyo Picaridin waxay caadi ahaan bixiyaan ilaalin muddo dheer waarta marka loo eego kuwa kale. Sunta celisa cayayaanka ee leh ugu yaraan 20% ka mid ah maaddooyinka firfircoon ayaa si fiican u shaqeysa.

Kareemka iyo Sunta Permethrin



Permethrin ayaa u diiwaagashan EPA si loogu isticmaalo sun kahortagta cayayaanka iyo sun celisa cayayaanka ahaan. **HA marin kareemka/sunta permethrin maqaarkaaga/jirkaaga ama ha u marin rabaayadaha.**

- Permethrin waxaa la marin karaa dharka waxtar ayayna leedahay marka dhowr mar dharka la dhaqo. Waxaad iibsan kartaa dhar ah qalab lagu sii daaweeyay permethrin.
- Raac tilmaamaha ku qoran dhegaatiga sunta. Ha ku buufin dharka markaad xiran tahay. Sug ilaa dharku ka engego kahor inta aadan xiran.
- Permethrin waxay dishaa kanecada iyo shillinta marka ay taabtaan.

Tilmaamaha loogu talagalay Haweenka Uurka leh iyo Dumarka Naasnuujinaya



EPA kuma talinayso wax taxaddaro dheeraad ah oo loogu talagalay isticmaalida sunta celisa cayayaanka ee diiwaangashan ee ay marsadaan haweenka uurka leh ama dumarka naasnuujinaya. La hadal bixiyaha daryeelka caafimaadkaaga haddii aad su'aalo qabto.

Tilmaamaha Loogu Talagalay Carruurta



- Mari gacmahaaga sunta celisa cayayaanka marka hore kadibna u mari ilmahaaga.
- Ka ilaali indhaha iyo afka carruurta. Wax yar mari dhegaha hareerahooda.
- Ha u oggolaan carruurta inay iskood u marsadaan sunta celisa cayayaanka.
- Dhig sunta celisa cayayaanka meel aysan carruurta ka gaari karin. Ha marin sunta celisa cayayaanka dharka hoostiisa.
- Baddeecooyinka leh saliida eucalyptus waa inaan loo isticmaalin carruurta ka yar saddex sano jir.
- Maaddooyinka kale, oo ay ku jiraan DEET, ma lahan xaddidaadyo da'eed.

Wixii xog dheeraad ah, Booqo:



- Su'aalaha inta badan la isweydiyo ee kanecada iyo shillinta: www.maine.gov/dhhs/tickfaq
- mareegta EPA: www.epa.gov
- Mareegta Akademiyada Dhakhaatiirta Carruurta ee Maraykanka: www.aap.org
- Guddiga Xakameeya Sunta Cayayaanka ee Maine: www.maine.gov/agriculture/pesticides
- Hel sunta celisa cayayaanka ee adiga kugu habboon: epa.gov/insec-repelents/find-repelent-right-you

Waxaad sidoo kale ka wici kartaa Maine CDC nambarka 1-800-821-5821.