

Raporo ya” Map My Environment”



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9 Mutarama 2022

Ibisubizo byawe mu ncamake

(Numero iranga agasanduku: 2021.104)

Urakoze gukorana na IUPUI mu kurushaho gusobanukirwa ibikikije urugo ubamo. Incamake yihuse y'ibisubizo byawe yatanzwe ahakurikira. Imbibi z'ubururu zigaragaza polo nke, iz'umuhando zigaragaza ko polo yiyongereye, oranje cyangwa umutuku zigaragaza polo nyinshi naho ikijuju kigaragaza ibipimo byafashwe by'ubwo bwoko ko bikiri kunonosorwa cyangwa agasanduku kawe nta bipimo bisuzuma katanze.

Ubutaka

Mu bipimofatizo by'ubutaka byafashwe nta na kimwe cyagaragaje polo ku gipimo cyo hejuru.

Ivumbi

Mu bipimo fatizo by'ivumbi byafashwe nta na kimwe cyagaragaje polo ku gipimo cyo hejuru.

Irangi

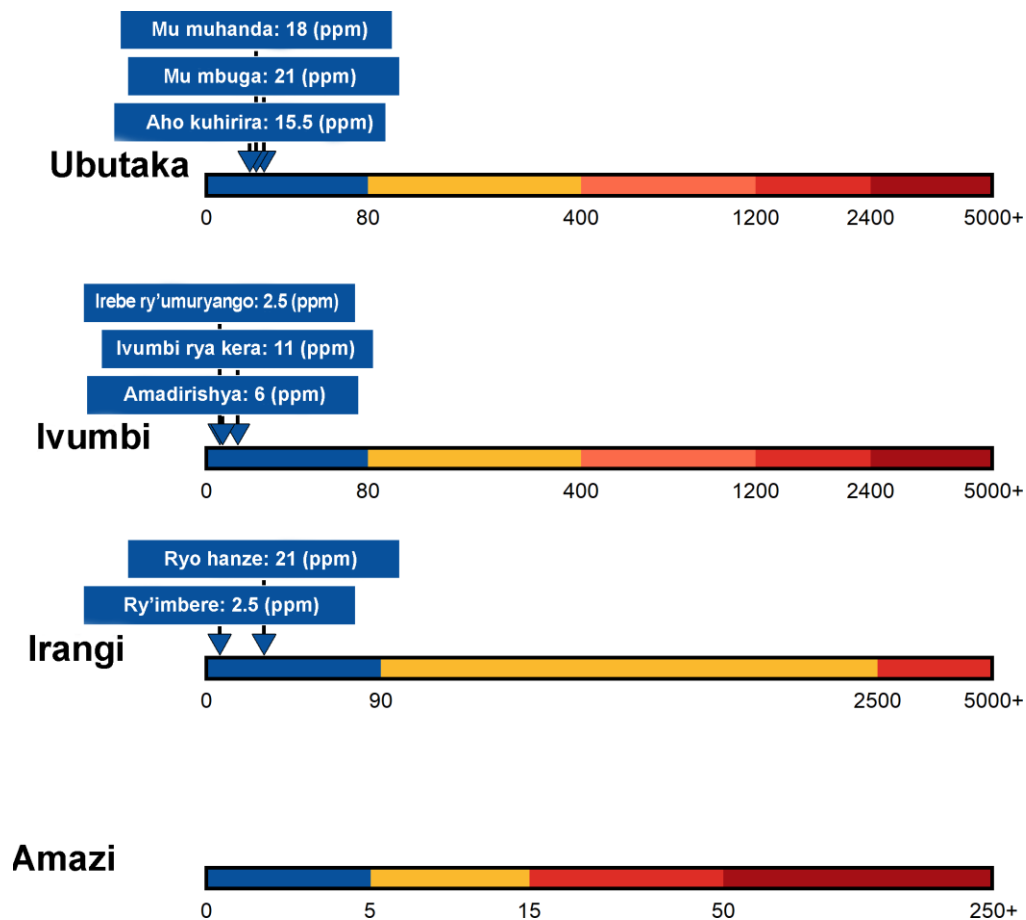
Mu bipimo fatizo by'irangi byafashwe nta polo irimo.

Amazi

Ibipimo fatizo by'amazi yanyu biracyasuzumwa.

Ibisubizo birambuye byawe

Igaragara rirambuye ry'ubukana bwa polo buri mu bipimo bisuzumwa watanze byerekanywe ahakurikira mu tuzu tw'amabara atatu hejuru ya buri karongo. Muri rusange, ubururu bugaragaza ibyago bike, umuhondo ugaragaza ibyago biringaniye naho oranje cyangwa umutuku bigaragaza ibyago byinshi.



ICYITONDERWA: Niba ibisubizo by'ibyo uhanagurisha ivumbi n'akayunguruzo k'amazi bitandukanye ku buryo bukomeye n'ibisubizo by'ivumbi n'amazi byafatiwe icyarimwe, wibanda kuri ibyo bisubizo birimo polo nyinshi cyane.

Ubutare bwa polo ni iki?

ubutare bwa Polo (Pb)

Akenshi abantu bahuza guhura na polo no guhura n'amazi yanduye; icyakora, abantu benshi ku isi, uburyo bukomeye bwo guhura na polo ni mu ivumbi. Polo iboneka mu nzu irimo ivumbi riturutse ahantu hatandukanye, yaba imbere mu nzu cyangwa hanze yayo. Polo iba mu buryo karemano mu bidukikije ariko ari ingano nke. Icyakora, ibicanwa birimo polo, irangi ririmo polo, imiti yica udukoko irimo polo ikoreshwa mu buhinzi n'ibihumanya ikirere byo mu nganda byongereye ku buryo butari karemano ibipimo bya polo mu butaka, by'umwihariko hafi y'imijyi.

Ntabwo ari ko ingo zose zo mu mijyi zifite polo nyinshi mu butaka bwazo/ivumbi; ariko niba utuye mu muji, kumenya ibyago no gupimisha ubutuka/ivumbi ni zo ntambwe za mbere. Ingo zo mu cyaro zishobora kugira ubutuka n'ivumbi birimo polo. Urugero: Niba urugo rwawe rwarubatswe mbere ya 1978, rushobora kuba rurimo amarangi arimo polo asize imbere n'inyuma. Kandi, ingo zo mu cyaro n'inkengero z'umujyi zubatswe ku butaka bwahozze bukoreshwa mu buhinzi; by'umwihariko imirimo y'imbuto, bushobora kuba barimo ubutaka bwatewemo imiti yica udukoko irimo polo.

Polo iba ari uburozi igihe ihumetswe mu ivumbi cyangwa inyowe mu mazi. Yinjira mu magufa maze igakwira mu maraso yo mu bice by'umubiri hafi ya byose harimo ubwonko, aho ikora nk'uburozi bwibasira urwungano rw'imitsi. Ikigo cy'Amerika gishinzwe kurwanya uburozi n'indwara ziterwa na bwo gifata ko polo irimo uburozi bwinshi ku buryo nta rugero rwemewe ruto rushoboka rutateza ibyago (MRL) mu kuyinywa (amazi) cyangwa kuyihumeka (ivumbi).

By'umwihariko, irangi ririmo polo riteza ibyago abana bato kubera ko riryohera. Uko irangi ririmo polo rigenda risaza rinakashishuka, abana bashobora kugerageza kurya ibyo byashishutse kubera ko biryohera. Nubwo abana bakiri bato bahura n'urugero ruto rwa polo bishobora gutuma igipimo cy'ubwenge cyabo kigabanuka, bikagabanya igihe bamara bibanze ku kintu runaka, bikagabanya uko bagenzura ubushake bagira bikanongera imyitwarire yo kudasabana n'abandi. Abantu bigeze guhura n'uburozi bwa polo mu bwana bakorerera amafaranga make mu buzima bwabo kandi bishoboka cyane ko bafungwa kurusha bagenzi babo.

Ku yandi makuru yerekeye polo nk'ikinyabutabire cyangiza ibidukikije, jya kuri: [ATSDR Toxic Substance Report for Lead \(https://bit.ly/cdc-lead-toxic-substances\)](https://bit.ly/cdc-lead-toxic-substances)

Komeza usome ubone izindi nama ku bijyanye no kugabanya uko ugerwaho na polo mu bikikije urugo rwawe.

Kubana na polo

Mu kwitabira iri suzuma rya polo, uba uteye intambwe ya mbere iganisha mu kubana neza n'uburozi bwangiza bwa polo. Ahakurikira, urahasanga inama zo kugabanya uko wahura na polo mu rugo rwawe. Nubwo udashobora gukurikira buri bwiriza rikurikira, buri mpinduka ukora igabanya uko ugerwaho na polo.

Ubutaka

- **Karaba intoki:** nyuma yo gukorera cyangwa gukinira hanze, kandi wigishe abana kubigenza gutyo.
- **Gutera no gufata neza ibyatsi:** Pasiparumu yawe ntabwo ikeneye gusa nk'itapi y'icyatsi cyangwa ngo ntibe irimo ibyatsi bibi. Intego ni ugutuma ubutaka bwo munsu y'ibyatsi butagerwaho cyane ku buryo bwahinduka ivumbi. Ibyatsi bikora ikintu kimeze nka bariyeri hagati y'abantu cyangwa inyamaswa n'ubutaka bwo munsu, bigafasha gutuma ubutaka bukomeza gutoha bikanafata ubutaka, bikagabanya ibyago muri rusange by'uko ubutaka bwakwandura.
- **Gutwikira ubutaka budafashe:** Ongeraho amasaso naho ubundi ubutaka bushoboka kwambara ubusa. Amasaso, ibikarito, garaviye n'ibihingwa byose ni byiza mu gutuma ubutaka bukomeza guhehera no kugabanya ivumbi riterwa n'ubutaka.
- **Kuhira no gusasira:** Sasira kandi wuhire ibyatsi mu gihe cy'impeshyi kugira ngo ugabanye ivumbi.
- **ubaka ahahingwa ibihingwa higiye hejuru:** Niba utunganya ubusitani kandi ubutaka bwawe bukaba burimo polo ku kigero kirenga ibice 80 kuri miliyoni (ppm), turakugira inama yo kubaka ahahingwa ibihingwa higiye hejuru maze ukahuzuzamo itaka ryo hejuru n'ifumbire y'imborera kugira ngo utere imboga, imbuto n'ibyatsi.
- **Aho abana bakinira hagomba kuba higiye hejuru:** Ubaka aho gukinira higiye hejuru harimo uduce tw'ibiti niba ubutaka bwawe burimo polo nyinshi irenga 80 ppm.
- **Kora inzira zirimo amabuye yo gukandagiraho:** Kugira ngo ugabanye gutwara ivumbi ahantu hakunda kunyura abantu benshi, ubaka inzira z'amabuye.
- **Hanagura amajanja y'amatungo:** Twese dukunda amatungo yo mu rugo yacu, ariko imbwa cyangwa injangwe ziba mu nzu/mu gasozi zishobora kwinjiza mu nzu ivumbi ryinshi rizikuye hanze. Niba ufite amatungo yo mu rugo ajya hanze, itondere undi mwanda n'ivumbi biba biri ku bwoya bwazo. Kora uko ushoboye kugira ngo utume zikomeza kugira isuku no kugabanya uko zanduza urugo rwawe.

Ivumbi

- **Vanamo inkweto zawe:** Kuramo inkweto zawe uzisige ku muryango igihe winjiye mu nzu yawe.
- **Karaba intoki:** Nyuma yo gukorera cyangwa gukinira hanze, karaba intoki maze wigishe abana kubigenza gutyo.
- **Hanagurisha umwenda utose:** Urugero : Uburyo bwo guhanagura udakoresheje amazi no kuvanaho ivumbi, ukoresheje ibikuraho ivumbi bikoze mu mababa, bishobora gufatwaho n'ivumbi. Ahubwo, ujye ukoresha umwenda utose. Ikindi kandi, gukoresha umwenda itoroshho itose ukuraho ivumbi hasi hakomeye ni byo byaba byiza kurusha gukubura ukoresheje umweyo udatose.
- **Koresha imashini ivanaho imyanda ifite akayunguruzo ko mu bwoko bwa HEPA:** Niba bishoboka, hanagura amatapi ukoresheje imashini ivanaho imyanda ifite akayunguruzo kayungurura neza umwuka (HEPA). Gafata utwanda duto cyane kurusha utuyunguruzo tw'imashini zivanaho imyanda zisanzwe.
- **Shyira ku ruhanda imyenda yanduye:** Niba ufite polo nyinshi mu butaka bwawe, hindura maze umese imyenda igihe uvuye mu kazi cyangwa gukinira hanze. Niba uhura na polo mu kazi ukora, hindura kandi umese imyenda igihe uvuye mu kazi.
- **Kora isuku ku rwego rubereye abana:** Abana bafite uko babona isi bitandukanye n'abantu bakuru, yaba uko byumvikana mu magambo cyangwa mu buryo buzimije! Ushobora kutamara inshuro nyinshi ukora ku madirishya yo mu rugo rwawe cyangwa umara igihe ukinira hasi, ariko se ni ko bigenda ku bana bawe? Igihe uri gukora isuku, niba ufite abana bato, ukwiye kwitonda cyane ugasukura aho hantu hasi bakunda gukora kenshi.

Irangi

- **Hisha irangi ririmo polo:** Irangi ririmo polo ni ribi cyane igihe/naho riba ryangiritse maze rigatangira komoka cyangwa kuvunguka. Kimwe nk'ibyatsi byera ku butaka buriho ubusa, guhisha irangi ririmo polo rishaje ukoresheje irangi rishya, ritarimo polo bishyiraho uruzitiro hagati yawe n'ibyago biterwa na polo mu gihe uri kugabanya uko uyigeraho.
- **Vugurura uko bikwiye:** Niba ufite inzu ishaje, itonde igihe uri mu mishinga yo kuyisena mbere yo gutera irangi kuko bishobora guhishura rya rangi ririmo polo. Abikorera imirimo itandukanye bagomba gukurikiza amabwiriza ya EPA: [EPA Guidance for safe DIY lead renovation \(https://bit.ly/epa-diy-rrp\)](https://bit.ly/epa-diy-rrp).
- **Rekera ibikorwa byo kuvanaho irangi ririmo polo abanyamwuga:** Kuvanaho irangi ririmo polo biragoye udatumuye ivumbi ryinshi ririmo uburozi. Tekereza uko waha akazi umuyamwuga ubifitiye ubunararibonye n'icyemezo mu kuvanaho irangi ririmo polo mu gihe cyo gusana inzu. Kurikira impuza y'urubuga kugira ngo ubone uwo waha amasezerano yo kuvanaho irangi ririmo polo ubifitiye icyemezo. [Abavanaho irangi ririmo polo babifitiye icyemezo \(https://bit.ly/epa-certifiedcontractors\)](https://bit.ly/epa-certifiedcontractors).

Amazi

- **Koresha akayunguruzo:** Ubusanzwe utuyunguruzo tudahenze tuboneka mu majagi cyangwa muri za robine. Kora ku buryo akayunguruzo kaba karahawe icyemezo n'Ikigo cy'igihugu gishinzwe guteza imbere ibya siyansi (NSF) ko kivanaho polo. Kora ku buryo usimbuza utuyunguruzo hakurikijwe inama zatanze n'uruganda rwadukoze.
- **Reka amazi atembe:** Rimwe na rimwe polo ishobora kwireka mu matiyo mu ijoro igihe amazi atari gukorehwa, bigatuma igipimo cya polo cyiyongera mu mazi aje bwa mbere mu gitondo. Gabanya ibi bibazo ureka amazi yo muri robine agatamba mu gitondo no kureka amazi agatamba byibuze iminota ibiri mbere yo guteka ikawa, koza amenyo yawe cyangwa gufata amazi yo kunywa.

Kubona ubufasha

Intara ya Marion

Niba urugo rwawe rufite urugero rwo hejuru rwa polo kandi niba ufite abana bato mubana cyangwa bagusura ku buryo buhoraho, reka abana bawe bapimwe ako kanya. Bimenyeshe Ishami ry'Intara ya Marion rishinzwe ubuzima rusange (MCPHD) kuri (317) 221-2155 maze usabe ko babapima amaraso.

Niba inzu yawe ikeneye gusanwa, Ishami rya MCPHD rishobora kuba rifite ibyakwifashishwa, bitewe n'ibibazo ufite n'ibyo ukeneye ndetse binatwe n'ibihari mu gihe watanze ubusabe bwawe. Bimenyeshe Ishami rya MCPHD kuri (317) 221-2155.

Hanze y'Intara ya Marion

Bimenyeshe ishami rishinzwe ubuzima mu ntara ubamo ubone andi makuru.

Ibindi byifashishwa

Gahunda yo kurinda polo: Iyi gahunda y'ubuntu ihabwa ba nyir'amazu muri Indiana bujuje ibisabwa, abakodesha n'abafite amazu akodeshwa. Imirimo yo gukemura ibibazo biterwa na polo ishobora kuba irimo amadirishya, inzugi, amarangi n'isukura ryihariye. Ushobora kubyitabira waba ufite inzu cyangwa uyikodesha. [Kurura PDF wasabiraho hano \(https://bit.ly/PbPP-IN\)](https://bit.ly/PbPP-IN).

Ku yandi makuru cyangwa kwitabira mu yindi mishinga ya siyansi ifasha imiryango migari, sura [Map My \(https://www.mapmyenvironment.com\)](https://www.mapmyenvironment.com). Niba ufite ikibazo, bimenyeshe ako kanya kuri mapmyenvironment@gmail.com, cyangwa ubimenyeshe umuyobozi wa gahunda w'uyu mushinga kuri IUPUI kuri aherrman@iupui.edu.