

Kaarboon moono oksaydh (monoxide) iyo caafimaadkaaga Carbon Monoxide - Your Safe Home

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Waa maxay kaarboon moono oksaydh (monoxide)?

Kaarboon moono oksaydh (monoxide) waa hawada dadku banaanka u neefsadaan, sida badanna waxaa loo yaqaan CO, waana gaas (hawo) sun ah. Kaarboon moono oksaydh (monoxide) ma aha mid la arki karo, la urin karo ama la dhadhansan karo. Sunteedu waxay waxyeello yeelan kartaa inta badan, marka iyadoo tiro badan ay gurigaaga ku jirto, ama in yar oo iyada ah ay maalmo badan ku jirto hawada gurigaaga. Sidaasoo kale gaaska kaarboonku wuxuu ka dhalan karaa marka la isticmaalo: basiinka, olyada baabuurta, gaaska faynuusta, qoryaha la shito, dhuxusha dhirta iyo tan dhulka laga soo qodoba.

Kaarboon moono oksaydh (monoxide) haddaannu ku sumownno maxay jirkayaga u dhimi kartaa?

Haddii aad ku sumowdo kaarboon moono oksaydh (monoxide), waxay keeni kartaa: madax xanuun, jahwareer, daal, ama xanuun caloosha kaa qabta. Haddii adiga iyo reerkaagu aad dareentaan xanuunada aan soo xusnay oo kale, kadibna aad caafimaad dareentaan marka aad guriga dibedda uga baxdaan, hadana xanuunnada kor ku xusani ay idinku soo noqdaan markaad guriga dib ugu soo laabataan, waxay u badantahay in uu ku hayo xanuun ka yimid sun ka dhalatay kaarboon moono oksaydh (monoxide)-ka gurigaaga (ku jirta).

Kaarboon moono oksaydh (monoxide) waa ku dili kartaa.

Sideebaan kaarboon moono oksaydh (monoxide) uga ilaalin karaa gurigayga?

What is carbon monoxide?

Carbon monoxide, often called CO, is a poisonous gas. You cannot see, smell, or taste it. Carbon monoxide poisoning can happen when you have a large amount of this gas in the air in your home at one time, or smaller amounts of the gas in the air for several days. Carbon monoxide is produced when fuels like gas, oil, kerosene, wood, charcoal, or coal burn.

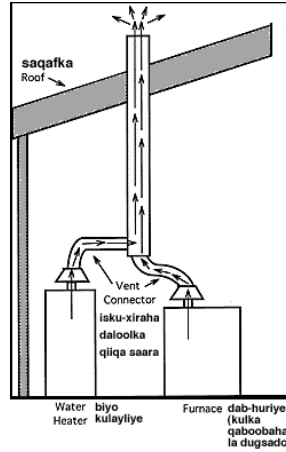
What does carbon monoxide poisoning do to our bodies?

Carbon monoxide poisoning can make you headachy, dizzy, tired, or sick to your stomach. If you and your family feel this way in your home, and then get better when you leave your home, and then get the same sick feelings back when you return home, you may have carbon monoxide poisoning.

Carbon Monoxide Can Kill You.

How do I keep carbon monoxide from getting into my home?

Kaarboon moonoo oksaydh (monoxide) waxay guriga soo geli kartaa marka aad shidato (gubto) shidaallada guryaha lagu diiriyo (xilliga qaboobaha), ama biyaha lagu kululaysto, ama marka wax la karinayo (cuntada). Waxaa jirta in loogu talagalay in uu kaarboonkaas dibadda u saaro qalab ku xiran qalabka wax lagu kululaysto ee guryaha ku rakiban, waxaa maraka qaarkood dhici karta inaysan shaqaynayn tuubada (marinka) qaaca saara ee saqafyada guryaha ka taagan, kadibna gaasaskii gubanayey (qiiqoodii) ay gurigaaga dib uugu soo noqdan. Sidoo kale kaarboon moonoo oksaydh (monoxide)-ka ay siidayso baabuurta iskaabamiintadoodu, waxaa dhici karta in ay gurigaaga uga soo gudubto garashka, hadduu guriga ku dhegga yahay.



Carbon monoxide can get in your home when fuels are burned to heat your home, to heat water, or when cooking. Your heating equipment should vent (send) this gas outside of your house. Sometimes chimneys don't work well and the burning gases get into your house. Carbon monoxide in car exhaust may leak into your home from an

attached garage.

Hawada qolku waxay ku darmataa gaasaska ka dhasha shidaalada guriga dhexdiisa laga isticmaalo, kadibna waxay raacaan qiiq saartada. Waa in hawadoo dhami ay kor u raacdo qiiq saartada, ee maha in ay hoos u raacdo. Marka biyo kulayliyaha gurigaaga ama haanta olyada la shito ololisa ay wax diirinayaan, waa in uu kulayl noqdaa ka isku xira dhuumaha hawada qaada.

Air in the room mixes with the burning gases and goes up the chimney. All air should flow up the chimney, not down. When your furnace or water heater is heating, the vent connector should be **very hot to the touch.**

Yaa halis ku jira oo looga baqayaa in uu ku sumoobo kaarboon moonoo oksaydh (monoxide)-ka?

Qof kasta oo kaarboon moonoo oksaydh (monoxide) jiidaha halis ayuu u yahay inuu sumoobo, gaar ahaan marka in badani hawada ku jirto. Qof Kasta! Laakiin waxay kaarboon moonoo oksaydh (monoxide)-ku si gaar ah halis ugu tahay haweenka uurka leh, carruurta ay sidaan, caruurta yar yar, waayeelka, iyo kuwa qaba dhiig yari, cudurada wadnaha ama sambabada.

Who is at risk for carbon monoxide poisoning?

Everyone can be poisoned by breathing in too much carbon monoxide. **Everyone!** But this gas is especially dangerous for pregnant women and their unborn babies, infants, children, elderly people, and people who have anemia or some heart and lung health problems.

Sidee baan ku ogaan karaa haddii kaarboon moonoo oksaydh (monoxide) badan ay gurigayga ku jirto?

Kuwa xirfadda u leh arimaha caafimaadka la xiriira iyo kuwa khibradda u leh (dayactirka) qalabka wax lagu kululeeyo, waxay ku taliyaan in u yeerato qof tababar u leh sida loo fiiriyo qalabka wax lagu kululeeyo, (haddii kale) adigu waad ku rakiban kartaa gurigaaga qalabka loogu talagalay inuu kuu digo (detector) marka gurigaaga kaarboon moonoo oksaydh (monoxide)-ku ku badan yahay. Qalabkaa waxaad ku rakibi karta qolka jiifka agtiisa, si uu reerka oo dhan ugu digo marka kaarboonku ku bato guriga. Qalabkaas qiimihiisu waa kala duwan yahay, wuxuuse u dhexeeyaa \$30 ilaa \$50.

How can I find out if my home has too much carbon monoxide in it?



Health professionals and heating equipment experts recommend that you have a trained person check your heating equipment. You can install a carbon monoxide detector with an alarm in your home. Install this detector near bedrooms so that the detector's alarm will wake your family if too much carbon monoxide is in the air. Detectors can vary in cost from about \$30 to \$50. You can buy them at hardware and discount stores.

Waxaad qalabkaa ka soo iibsano kartaa dukaamadda lagu iibsado qalabka loo isticmaalo guryaha ama kuwa gada alaabada qiimahooda la dhimay.

Maxaan sameeyaa haddii kaarboon moonoo oksaydh (monoxide) ku badato gurigayga?

Ugu horayn ka saar reerkaaga guriga, ka dibna wac gargaarka degdeg ah 911. Inaad arinkan (taladan) yeesho waa lama huraan haddii qof reerkaaga ka mid ahi uu xanuunsado kaarboonkaa darteed. Qofka (gargaarka degdeg ah) taleefanka ka jawaabaya wuxuu ku waydiin doonaa su'aalo, si uu u go'aansado inaad u baahan tahay gargaar degdeg ah iyo in kale (sida: amblaas & dab demis). Haddiise aan gargaar degdeg ah loo baahnayn (samee sidatan hoos ku cad):

1. fur dariishadaha (gurigaaga)
2. hadday kuu suurawdo, xir qalabka loo adeegsado (diirinta guriga xilliga qaboobaha)
3. La xiriir kan gurigaaga shidaalka ku shuba ama qof loo tababaray dayac-tirka qalabka kululaynta guryaha ama qiiq saaridda (xilliga qabowga)

Haddii gurigayga ay ka jirto dhibaato kaarboon moonoo oksaydh (monoxide), sidee wax uga qaban karaa?

Hoygaad degan tahay hadduu yahay kiro, la xiriir qofka iska leh ama maamula dhismahaada aad ijaarka ka dhiibtid. Haddiise aad leedahay guri, la xiriir kan shidaalka u keena ama mid xirfad u leh sida loo dayac-tiro qalabka kululaynta guryaha. Iyaga ayaa tijaabin doona qalabkaaga, ka dibna (isku dayi doona) inay helaan meesha ay ka imaanayso kaarboon moonoo oksaydh (monoxide)-ku, ka dibna way hagaajin doonaan ama waxay kuu sheegi doonaan cidda wax ka qaban karta.

Sidee baan reerkayga & naftaydaba uga badbaadin karaa sunta kaarboonka?

Hubi inay dhammaan si fiican u shaqaynayaan, qalabka guryaha kululeeya, kan qiiqa saara iyo dhuumaha qiiqa ama hawaduba sii marto.

Soo gagoado qalabka digniinta bixiya marka gaaska kaarboonku uu ku badan yahay gurigaaga, kuna rakib meel u dhaw qolka (qolalka) hurdada.

What do I do if the alarm on my detector rings?

Get the family outside and call 911. This is very important if anyone in your family feels sick. The operator will ask you questions to see if an emergency response (fire department or ambulance) is necessary. If not an emergency:

1. open windows
2. if possible, shut off fuel-burning equipment
3. contact your fuel supplier or someone trained to repair heating equipment or chimneys.

If I have a carbon monoxide problem in my home, how can I fix it?

If you rent your home, call the landlord or the building manager who collects your rent.

If you own your home, call your fuel supplier or someone who is trained to repair heating equipment. They will test your equipment, find the source of the carbon monoxide, and fix it or tell you who can fix it.

How can I protect myself and my family from carbon monoxide poisoning?

Make sure that heating equipment, chimneys, and vent pipes are in good condition.

Buy a carbon monoxide detector and install it near your family's bedrooms.

Burn charcoal or use outdoor gas grills only

Dhuxul haddaad **shidaysid** ama aad isticmaasho qalabka wax lagu solo, ha ku samayn guriga gudahiisa, ee dibeddiisa u isticmaal oo kabya. Gaar ahaan haddii garaashka baabuurta aad ku xaraysato uu ku dhegan yahay guriga.

Marna ha ka tegin gaarigaaga oo shidan, kan barafka (guriga ka xaaqa) oo shidan, ama kan lagu jaro cawska gurigaaga hortiisa ka baxa oo shidan, gaar ahaan markay ku jiraan garaashkaaga, waayo halis waxaad u tahay in kaarboon moonoo oksaydh (monoxide) gurigaaga u soo gudubto.

Ha u isticmaalin makiinada cunada in aad guriga ku kululaysid. Waayo ololiyaasha makiinada cunada waxay ku sii daayaan guriga kaarboon moonoo oksaydh (monoxide) badan.

Xaggee baan ka heli karaa war inta ka badan?

Wixii macluumaad dheeraad ah xagga Karbon Monoksaydh (afka Ingiriisiga) ku sumoobiisa, wac Waaxda Caafimaadka ee Minnesota. Inta ku eg Twin Cities wac lambarka (651) 201-4601, wixii ka baxsan Twin Cities wac (800) 798-9050, ama wac guddiga caafimaadka ee magaaladaada ama degmadaada ama xafiiska fidinta degmadaada.

Wixii macluumaad dheeraad ah (afka Ingiriisiga), fiiri: Carbon Monoxide (CO) Poisoning in Your Home (<http://www.health.state.mn.us/divs/eh/indoorair/co/index.html>) (Waaxda Caafimaadka ee Minnesota)

outside your house. Do not use inside your house, or in your garage if it is attached to your house.

Never leave your car motor, snowblower, or lawn mower running in an attached garage so that carbon monoxide does not leak into your house.

Do not use a gas range or oven to heat your home. The oven burners will make too much carbon monoxide inside your house.

Where can I get more information?

For more information (in English) on carbon monoxide poisoning, call the Minnesota department of Health. In the Twin Cities, call (651) 201-4601, outside of the Twin Cities call (800) 798-9050, or call your city or county board of health or your county extension office.

For information (in English), go to: Carbon Monoxide (CO) Poisoning in Your Home (<http://www.health.state.mn.us/divs/eh/indoorair/co/index.html>) (Minnesota Department of Health)

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