



Waa maxay cyanobacteria?

Cyanobacteria (sidoo kale loo yaqaan aljiiga buluug cagaarka ah) waxaa caadiyan laga helaa biyaha macaan ee Maraykanka iyo Vermont. Marka uu helo xaalad wanaagsan, cyanobacteria waxa uu u tarmaa si dhakhso ah oo waxa uu sameeyaa leelo loo yaqaan buluumka, gaarka ahaan maalmaha diiran ee dhamaadka xagaaga iyo dayrta inteeda hore.

Sidee ayuu u eeg yahay buluumka cyanobacteria?

Bulumka cyanobacteria waxay badanaa u eegyihin:

- Digir la shiiday oo adag ama ranji ku daatay biyaha dushooda
- Midabkeedu waa cagaar ama buluug cagaar, laakiin waxay noqon karaan buni, soosali, casaan ama cadaan
- Sali buush ah oo biyaha dusheeda saaran
- Salida dusha buyaha saaran oo si fudud loo kala kaxayn karo.
- Dhibco ama qurubyo yaryar oo dul sabaynaya ama biyaha dhaxdooda socda

Bulumka cyanobacteria caadiyan uma eeka:

- Cagaar adag, dhalaalaha sida dooga oo kale, oo dhaadher oo u eeg si caato ama cudbida oo kale ah — kani waa algii aan waxyeelo lahayn
- Maastar huruud ah midab ahaan — kani waxay u badan tahay inuu noqdo boolinka dhirta rimiya

Waxa aad ka eegtaa fiidyawyo iyo sawiro ay leedahay cyanobacteria halkan healthvermont.gov/cyanobacteria.

Sidee ayuu ii soo gaadhi karaa cyanobacteria?

Waxa uu ku soo gaadhi karaa cyanobacteria inta aad:

- Dabaalanayso
- Dooni ama jet quusaya saaran tahay
- Ciyaaraha biyaha ee u dhaw ama buluumka dhaxdooda ah
- Inaad ka cabto biyo aan la nadiifin dusha

Caruurta iyo xayawaanka carbisan waxay ku jiraan khatar badan oo ah inuu soo gaadho cyanobacteria maadaama oo ay u badan tahay inay ku ciyaaraan meel ku dhaw bada oo ay liqaan biyahu.

Nidaamka biyaha shacabka Lake Champlain waxay kala shaqeeyaan gobolada si loola socdo buluumka saamayn kara tayada biyaha.

Saamayn caafimaad oo nooc ee ah ayay leedahay inuu kusoo gaadho cyanobacteria?

Saamaynta caafimaad ee guud ee uu keeno unugyada cyanobacteria waxaa kamid ah:

- Finan ama cuncun maqaarka ah
- Jawaab celin xasaasiyadeed sida duuf ama cune xidhan

Cyanobacteria waxay keeni karaan walxo dhib-keenaya oo loo yaqaan cyanotoxins. Marka la liqo suntan iyada oo badan, waxa uu keeni karaa:

- Calool xanuun daran, oo adag sida shubanka iyo hunqaaco oo kale
- Waxyeelo beerka ah oo qaadan kara saacado ama maalmo inay isku arkaan dadka ama xayawaanku
- Danbo kabuubsaysan, faro iyo suulal adag ama dawakhaad

Sunta cyanobacteria waxay sidoo kale keeni kartaa xanuun iyo mararka qaar dhimasho xayawaanka carbisan iyo xoolaha ah. Astaamaha xayawaanku ay yeelan karaa waxaa kamid ah:

- Tabcaan ama gariirid
- Neefsashada oo adkaata
- Gariir
- Matag ama shuban

Lama garan karo hadii buluuminka ay la socoto sun iyada oo kaliya la eegayo. Kaliya shaybaadh biyaha lagu sameeyo muunadooda ayaa lagu xaqiijin karaa hadii buluumku uu yahay sun. Marka aad ka shakido, waxaa wanaagsan in aan la gelin biyaha.

Miyaa harooyinka la kormeeraa hadii ay yeesheen buluumka cyanobacteria?

Xagaaga iyo dayrta inta hore, Lake Champlain iyo harooyinka dhulka ku yaala Vermont waa la socdaa. Waxa aad ka heli kartaa warbixinta todobaadle ah Khariida La Socodka ah Cyanobacteria healthvermont.gov/tracking/cyanobacteria-tracker.

Fadlan oggaw in La Socodka Cyanobacteria kaa caawin karo inaad fahanto halka buluumka lagu sheegey dhawaan, laakiin kuuma sheegayo xaaladu waxya iminka tahay aaga aad jeceshahay inaad ku dabaalato. Tani waxaa keena xaaladaha buluumka oo si dhakhso ah isku badasha, oo meel kastana lama kormeero. **Waxaa ugu wanaagsan in la barto sida buluumka cyanobacteria uu u eeg yahaya oo laga fogaado.**

Maxay in aan sameeyo hadii aan arko buluumka cyanobacteria?

- Ha taaban biyaha.

- Yaanay gelin biyaha xayawaanka carbisan iyo xooluhu.
- U sheeg maamulaha biyaha xeeligooda ama sarkaalka caafimaadka magaalada.
- Warbixinta bloom tinyurl.com/bloom-report.

Xagee Ayaan ka heli karaa macluumaad dheeraad ah?

Waaxda Caafimaadka Vermont – kala hadal 800-439-8550 ama booqo healthvermont.gov/cyanobacteria

Waaxda Ilaalinta Deegaanka Vermont – kala hadal 802-490-6130 ama booqo dec.vermont.gov/watershed/lakes-ponds/learn-more/cyanobacteria

Gudida Lake Champlain – kala hadal 802-658-1414 ama booqo lakechamplaincommittee.org

Barnaamijka Lake Champlain Basin – kala hadal 802-372-3213 ama booqo lcbp.org



What are cyanobacteria?

Cyanobacteria (also known as blue-green algae) are naturally found in fresh water in the U.S. and throughout Vermont. Under the right conditions, cyanobacteria can multiply quickly to form surface scums and dense populations known as blooms, especially during the warm days of late summer and early fall.

What does a cyanobacteria bloom look like?

Cyanobacteria blooms most commonly look like:

- Thick pea soup or spilled paint on the water's surface
- Green or blue-green in color, but can be brown, purple, red or white
- A mat of foam along the shoreline
- A mat on the surface of the water that breaks apart easily
- Small specks or blobs floating at or below the water surface

A cyanobacteria bloom does not usually look like:

- Stringy, bright grass-green, long strands that feel slimy or cottony — this is likely harmless green algae
- Mustard yellow in color — this is probably pollen

Find a video and photos of cyanobacteria at healthvermont.gov/cyanobacteria.

How can I come in contact with cyanobacteria?

You may be exposed to cyanobacteria while:

- Swimming
- Boating or jet-skiing
- Water-based activities near or in blooms
- Drinking untreated surface water

Children and pets have a higher risk of being exposed to cyanobacteria because they are more likely to play near the shoreline and are more likely to swallow water.

Public water systems on Lake Champlain work with state partners to monitor blooms that might impact the quality of drinking water.

What are the health effects of being exposed to cyanobacteria?

General health effects caused by exposure to cyanobacteria cells include:

- Rashes or skin irritation
- Allergy-like reactions such as a runny nose or a sore throat

Some cyanobacteria may produce harmful compounds called cyanotoxins. When these toxins are swallowed in large amounts, they can cause:

- Sharp, severe stomach problems like diarrhea and vomiting
- Liver damage that may take hours or days to show up in people or animals
- Numb limbs, tingling fingers and toes or dizziness

Cyanobacteria toxins can also cause illness and sometimes death in pets and livestock. Possible symptoms animals may show include:

- Weakness or staggering
- Difficulty breathing
- Convulsions
- Vomiting or diarrhea

It is not possible to tell if a bloom contains harmful toxins just by looking at it. Only laboratory tests of water samples can confirm whether a bloom is toxic. When in doubt, it's best to stay out of the water.

Are lakes monitored for cyanobacteria blooms?

During the summer and early fall, Lake Champlain and some inland Vermont lakes are monitored. You can find weekly reports on the Cyanobacteria Tracker Map at healthvermont.gov/tracking/cyanobacteria-tracker.

Please note that the Cyanobacteria Tracker can help you understand where blooms have been reported recently, but it cannot tell you what the conditions are currently at your favorite swimming area. This is because bloom conditions can change rapidly, and not all locations are monitored. **It's best to learn what cyanobacteria blooms look like and stay away from them.**

What should I do if I see a cyanobacteria bloom?

- Do not come in contact with the water.
- Keep pets and livestock away from the water.
- Alert the beach manager or town health officer.
- Report the bloom at tinyurl.com/bloom-report.

Where can I get more information?

Vermont Department of Health – call 800-439-8550 or visit healthvermont.gov/cyanobacteria

Vermont Department of Environmental Conservation – call 802-490-6130 or visit dec.vermont.gov/watershed/lakes-ponds/learn-more/cyanobacteria

Lake Champlain Committee – call 802-658-1414 or visit lakechamplaincommittee.org

Lake Champlain Basin Program – call 802-372-3213 or visit lcbp.org