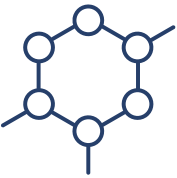


Polychlorinated Biphenyls (PCBs) နှင့် မှီမနုလဲနဲ



PCBs နှင့် မှီမနုလဲနဲပီးလိကရူသုတဖန်လၢပုကညီတဖုဒုးအိန်ထီနဲနဲလီၤ. လၢအပူၤကွဲၤနဲနဲ PCBs အံၤ ဘၣ်တၢ်စူးကါအီၤဖဲတၢ်သုၣ်ထီၣ်ဘျီထီၣ်ပီးလိတဖုဒုးအိန်လဲၤတြီနဲးပီးလိတဖုဒုးအိန်လဲၤ. ကွဲၤ, တၢ်ခဲၣ်အလွဲၤ, တၢ်ဖဲ, ဖျးစတံး, လိမုၣ်အူဆဲးကပီၤဖျၢၣ်ခိၣ်လၢၤ, လိမုၣ်အူခိၣ်လၢၤဒီးပီးလိလၢအပၤယၢ်လိမုၣ်အူဂံၢ်သုၣ်တဖုဒုးအိန် မှီတၢ်ပီးတၢ်လိအဒိသုၣ်တဖုဒုးအိန်လဲၤ.

ကီၢ်အမဲရကၤတၢ်ဒီသဒန့ဆၢခိၣ်ယၢၤခၢၣ်စးကရၢ (နွဲ) အံၤတြီယာ်ဝဲတၢ်ထုးထီၣ်ဒီးတၢ်စူးကါလီၤဆီၤ ယွဲ ဝဲၤ ၁၉၇၉ နံၣ်န့ၣ်လီၤ. တၢ် သုၣ်ထီၣ်တဖုဒုးအိန်လဲၤဘၣ်တၢ်သုၣ်ထီၣ်အီၤ မ့တမ့ၢ်တၢ်ဘျီထီၣ်အီၤလၢ ၁၉၅၀ ဒီး ၁၉၇၉ နံၣ်အဘၢၣ်စၢၤသုၣ်တဖုဒုးအိန် ဘၣ်သုၣ် သုၣ်ကအိန်ဒီးတၢ်သုၣ်ထီၣ်ပီးလိတဖုဒုးအိန်လဲၤတြီနဲးပီးလိသုၣ်တဖုဒုးအိန်လဲၤ လၢအအိန်ယုာ်ဒီးယွဲ န့ၣ်လီၤ.

ပုၤထိးဘူးဘၣ် PCBs က်ပီးလိတဖုဒုးအိန်လဲၤ

PCBs အံၤရၢလီၤအသးလၢ ဟီၣ်ခိၣ်မဲၣ်ဖဲဒီးခိၣ်, ကလံၤကျါ, ထံကျါဒီးတၢ်အိၣ်တၢ်အီၤအကျါမ့ၢ်လၢတၢ်စူးကါအီၤလၢ အပူၤကွဲၤဒီးတၢ်စူးကါအီၤအယီၤန့ၣ်လီၤ. PCBs အံၤလီၤဘၣ်လီၤကယီၤကယီၤဒီးအိၣ်တၢ်လၢ န့ဆၢခိၣ်ယၢၤအပူၤ လၢအဆၢကတီၢ်ယံၣ်သ့ၣ်န့ၣ်လီၤ. ဘၣ်ဆၢသန့က့, ညိန့ၣ်န့ၣ် PCB အပတီၢ်လၢပုၤကညီအပူၤန့ၣ်စၢၤလီၤဝဲဒုၣ် စးထီၣ်လၢတၢ်ပံးယၢ်အီၤအခါန့ၣ်လီၤ.

တၢ်အိၣ်တၢ်အီၤ - ပုၤယုာ်ဒီးတၢ်ညၢၣ်, တၢ်န့ၣ်ထံပီးလိတဖုဒုးအိန်ညၢၣ် (လီၤဆီၤတၢ်ညၢၣ်လၢတၢ်ဖိၣ်အီၤလၢ ထံဘၣ်အဘၢၣ်သီအပူၤ) - အံၤမ့ၢ်ဂံၢ်ခိၣ်ထံးတၢ်အိၣ်သးလၢပုၤကညီဒီးန့ၣ်ဘၣ် PCBs န့ၣ်လီၤ.

လၢတယံၣ်ဘၣ်အန့ၣ်တဖုဒုးအိန်, PCBs အံၤဘၣ်တၢ်ယုာ်ထံၣ်န့ၣ်အီၤလၢတၢ်သုၣ်ထီၣ်လီၤလံၤသုၣ်တဖုဒုးအိန်အပူၤ လၢအပုၤယုာ်ဒီးကွဲၤသုၣ်တဖုဒုးအိန် ဝုၤန့ၣ်ယီၤ (New York City), မးစဲၣ်ဇျါးစဲး (Massachusetts) ဒီးခဲးထံၣ်ခိၣ် (Connecticut) အပူၤန့ၣ်လီၤ. လိမုၣ်အူဖျၢၣ်ခိၣ်လၢၤလၢအအိၣ်ဖဲလိမုၣ်အူဆဲးကပီၤအလီၤလံၤသုၣ်တဖုဒုးအိန်အပူၤဒီး ကွဲၤသုၣ်တဖုဒုးအိန်အံၤမ့ၢ်ဂံၢ်ခိၣ်ထံးတၢ်လီၤတၢ်ကျဲၤလၢ PCBs အိၣ်ဝဲအလီၤဖဲကွဲၤတၢ်သုၣ်ထီၣ်တဖုဒုးအိန်အပူၤန့ၣ်လီၤ.

လိမုၣ်အူဖျၢၣ်ခိၣ်လၢၤလီၤလံၤသုၣ်တဖုဒုးအိန်ဘၣ်သုၣ်သုၣ်အိၣ်ဒီး PCB သိဒီးဖဲလိမုၣ်အူခိၣ်လၢၤအံၤ လီၤလံၤအခါန့ၣ်, PCB သိအံၤယွဲၤလီၤလၢလီၤကဝီၤတၢ်လီၤကဝီၤကမၤမ့တမ့ၢ်ကဲထီၣ်တၢ်သံလံၤ ကလံၤကျါသ့ၣ်န့ၣ်လီၤ.

ကွဲၤအံၤ မှီတၢ်ပီးတၢ်လိလၢအစၢ်ယံၣ်စၢ်ယံၣ် လၢတၢ်စူးကါအီၤ ဒ်သိးတၢ်ကတြီၣ်တၢ် ပဲတြီအကဆူးအဟီၤ အီၤက တၢ်ဒီးကလၢဒါ ဒီးတၢ်သုၣ်ထီၣ်အဆၢသုၣ်တဖုဒုးအိန်ဒီးတၢ်သုၣ်ထီၣ်ဘျီထီၣ်လၢထံန့ၣ်လီၤတန့ၢ် မ့တမ့ၢ် ကလံၤန့ၣ်လီၤတန့ၢ် တဖုဒုးအိန်လီၤ ယွဲ အံၤဘၣ်တၢ်စူးကါအီၤဒ်ကွဲၤအက့ၢ်အဂီၢ်အသိး ပၢၤတုၤလၢ ၁၉၇၉ နံၣ်န့ၣ်လီၤ. ဒ်ကွဲၤအံၤအိၣ် ယုာ်ဒီးယွဲ လၢအဟးဂီၢ်သ့ၣ်အသိးန့ၣ်ယွဲ အံၤဘၣ်သုၣ်သုၣ် ရၢလီၤသးလၢဟီၣ်ခိၣ်ကမ့ၢ် မ့တမ့ၢ် ကလံၤကျါသ့ၣ်န့ၣ် လီၤ.

ပုၤလၢအအိၣ်ဖဲကွဲၤတၢ်သုၣ်ထီၣ်သုၣ်တဖုဒုးအိန်အံၤဘၣ်သုၣ်သုၣ်ကဒီးန့ၣ်ဘၣ် PCBs သ့ခိဖျါ-

- ကသါဘၣ်မဲးကမ့ၢ်မ့တမ့ၢ်ကလံၤသံလံၤအအိၣ်ယုာ်ဒီး PCBs
- အစုဘၣ်အဒီးမဲးကမ့ၢ်လၢအပုၤယုာ်ဒီး PCBs ဒီးယုာ်န့ၣ်လီၤဘၣ်ဝဲဖဲအိၣ်တၢ်မ့တမ့ၢ်အိၣ်ထံအခါ
- ဖဲးဘၣ်ထိးဘူးဘၣ်သးဒီးတၢ်ပီးတၢ်လိတဖုဒုးအိန်လဲၤ PCBs

ခီဖိုလါတၢ်ထိးဘူးဘၣ်ဒီး PCBs အယီ, ဆူၣ်ချ့တၢ်ဘၣ်ဒိဘၣ်ထံးလၢအကဲထီၣ်သးသ့သ့ၣ်တဖၣ် န့ၣ်မ့ၢ်မနုၤလဲၣ်.

ဒိကံသဟီၣ်အဂၤတဖၣ်အသိးန့ၣ်, ဆူၣ်ချ့တၢ်ဘၣ်မၤဟူးလၢအကဲထီၣ်သးသ့လၢ PCBs အယီအံၤ ဒီးသန့ထီၣ်အသးလၢတၢ်ထိးဘူးဘၣ်ထဲလဲၣ်, ပှၤဘျီလဲၣ်ဒီးဆံးယံၣ်လဲၣ်န့ၣ်လီၤ.

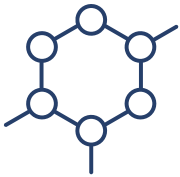
PCBs အံၤဘၣ်တၢ်ပၢ်ဖျါထီၣ်တ့ၢ်လၢအအိၣ်ဒီးတၢ်ဒိဘၣ်မၤဟူးဖဲနီၢ်ခိပူၤကံၢ်တြီဆၢ, တၢ်ဒုးလီၤစၢၤလီၤသ့ၣ်, ထူၣ်ပျါန့ၢ်ဒီးendocrine (ဟီၣ်မိ) အတၢ်ဖံးတၢ်မၤသ့ၣ်တဖၣ်အပူၤဖဲတၢ်မၤလိကွၢ်အီၤဖဲဆၣ်ဖိကီၢ်ဖိအခါန့ၣ်လီၤ. တၢ်ထံၣ်စ့ၢ်ကိးလၢ PCBs အံၤဒုးကဲထီၣ်ခဲစၢၣ်လၢဆၣ်ဖိကီၢ်ဖိသ့ၣ်တဖၣ်အပူၤန့ၣ်လီၤ. ဖဲတၢ်မၤလိအီၤလၢ ပှၤကညီပူၤအခါပၢ်ဖျါထီၣ်ဝဲဒၣ်လၢပှၤကညီသ့ၣ်တဖၣ်အံၤဒီးန့ၢ်ဘၣ်ဆူၣ်ချ့တၢ်ဘၣ်မၤဟူးသ့ၣ်တဖၣ်အံၤ သ့ဝဲန့ၣ်လီၤ.



တၢ်သံကွၢ်အိၣ်ဓါ.

လၢကမၤန့ၢ်အါထီၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ယး PCBs ဒီးဆူၣ်ချ့တၢ်ဘၣ်မၤဟူးအဂီၢ်, ဆဲးကျိးဘမိၣ် ဆူၣ်ချ့ဝဲကျိၤ (Vermont Department of Health) ဖဲ ၈၀၂-၈၆၃-၇၅၉၈ တက့ၢ်.

What are Polychlorinated Biphenyls (PCBs)?



PCBs are a group of human-made chemicals. PCBs were widely used in building materials and electrical products in the past. Caulk, paint, glues, plastics, fluorescent lighting ballasts, transformers and capacitors are examples of products that may contain PCBs.

The U.S. Environmental Protection Agency (EPA) banned manufacturing and certain uses of PCBs in 1979. Buildings constructed or renovated between 1950 and 1979 may have building materials and electrical products that contain PCBs.

How do people come in contact with PCBs?

PCBs continue to be widespread in our soil, air, water and food because of past use and disposal. PCBs break down very slowly and can remain in the environment for a long time. Most people have low levels of PCBs in their bodies because of the widespread presence of PCBs in the environment. In general, however, PCB levels in people have been going down since they were banned.

Food – including meat, dairy products and fish (especially fish caught in polluted waters) – is the main source of exposure to PCBs for most people.

In recent years, PCBs have been found in some older buildings, including schools in New York City, Massachusetts and Connecticut. Lighting ballasts in older fluorescent lighting fixtures and caulk are the main sources of PCBs in school buildings.

Old lighting ballasts may contain PCB oil and, as the ballasts age, the PCB oil can leak onto nearby surfaces or produce vapors in the air.

Caulk is a flexible material used to seal gaps to make windows, masonry and joints in buildings and other structures watertight or airtight. PCBs were used as a component of caulk until 1979. As caulk containing PCBs deteriorates, PCBs may be released in the dust or air.

People inside school buildings may be exposed to PCBs by:

- Breathing in dust or vapors that contain PCBs
- Getting dust containing PCBs on their hands and then swallowing it while eating or drinking
- Skin contact with materials that contain PCBs

What are possible health effects from coming in contact with PCBs?

The potential for health effects from PCBs, as with other chemicals, depends on how much, how often, and how long someone is exposed.

PCBs have been shown to have effects on the immune, reproductive, nervous and endocrine (hormone) systems in animal studies. PCBs have also been shown to cause cancer in animals. Studies in humans show that humans could also have these health effects.



Questions?

For more information about PCBs and health effects, contact the Vermont Department of Health at 802-863-7598.