



Polychlorinated Biphenyls (PCBs) ni iki?

PCBs ni umugwi w'imiti ihingurwa n'abantu. PCBs yakoresha cane mu kahise mu bikoresho vyo kwubaka n'ibikoresho vyifashishwa ku muyagankuba. Umuti uzibira imyenge, irangi, uburembo, pulasitike, Udusandugu dukoraniramwo insinga twahinguwe mu rucekeri rutuma urumuri rusohoka, taransiforumateri be na mashine ibika umuriro ni akarorero k'ibikoresho bihingurwa birimwo PCBs.

Ikigo ca Reta Zunze Ubumwe za Amerika Gikingira Ibidukikije (EPA) cabujije guhingura be n'ikoresha rimwerimwe rya PCBs mu mwaka w' 1979. Inyubakwa zubatswe canke zasanuwe hagati ya 1950 na 1979 zirashobora kuba ziriko ibikoresho zubakishijwe canke ibikoresho vy'umuyagankuba birimwo PCBs.

Abantu bahurira hehe na PCBs?

PCBs ibandanya gukwirakwira mw'ivu ryacu, mu mwuka, mu mazi be no mu bifungugwa kubera yama ikoresha mu kahise be no mu mwavu twataye. PCBs isambuka gakegake kandi ibandanya kuguma mu bidukikije igihe kirekire. Abantu benshi bafise urugero rutoyi rwa PCBs mu mibiri yabo kubera ikwiragira rya PCBs mu bidukikije. Muri rusangi, mugabo, urugero rwa PCB mu bantu rwaragabanutse kubera ko yabujijwe.

Ibifungurwa – harimwo inyama, ibintu biva mu mata n'amafi (na canecane amafi yafatiwe mu mazi yatosekajwe) – ni isoko nyamukuru abantu benshi bahuriramwo na PCBs.

Mu myaka ya vuba, PCBs yatahuwe mu nyubakwa zimwezimwe zishaje, harimwo n'amashure yo muri New York City, Massachusetts na Connecticut. Udusandugu dukoraniramwo insinga twahinguwe mu rucekeri rutuma urumuri rusohoka n'umuti wo kuzibira imyenge ni isoko nyamukuru ya PCBs mu nyubakwa z'amashure.

Udusandugu dushaje dukoraniramwo insinga twahinguwe mu rucekeri rutuma urumuri rusohoka turashobora kuba turimwo amavuta ya PCB kandi, Udusandugu dukoraniramwo insinga twahinguwe mu rucekeri rutuma urumuri rusohoka tugenda dusaza, amavuta ya PCB arashobora kuvira ahantu hegereye canke mu mwuka wo mu kirere.

Umuti uzibira imyenge ukoreshwa mu gutera amadirisha ku nyubakwa, mu nkuta no mu materanirizo yo ku nyubakwa n'ahandi mu kuzibira amazi canke umwuka kwinjira. PCBs yakoresha mu muti uzibira imyenge gushika mu mwaka w'1979.

Kubera PCBs irimwo yononekara, PCBs irashobora gushika mw' ivu canke mu mwuka.

Abantu bari mu nyubakwa z'amashure barashobora guhurira na PCBs:

- Bahema umwuka urimwo ivu canke utuma tunzwinya turi mu mwuka urimwo PCBs
- Bakoze mw'ivu ririmwo PCBs n'intoke zabo bagaca bayimira bariko barafungura canke bafata ico kunywa
- Urukoba rukoze ku bintu birimo PCBs

Ni izihe nkurikizi zishobora gushikira amagara bitewe no kwegerana na PCBs?

Inkurikizi zihambaye ku magara ziterwa na PCBs, co kimwe n'iyindi miti ihingurwa n'abantu, ziterwa n'ubwinshi, n'incuro, n'igihe umuntu yamaze ayegereye.

PCBs yatahuwe ko ifise inkurikizi ku basoda bakingira umubiri, ku bihimba vy'irondeka, ku mitsi yo mu mutwe be no ku nkabuzo mw'itohozwa ryakozwe ku bikoko. PCBs yatahuwe kandi ko itera kanseri mu bikoko. Itohoza ku bantu ryerekanye ko n'abantu bashobora kugira izi nkurikizi ku magara yabo.

Ufise akakubakiye wipfuza guserura?

Ukeneye ayandi makuru yerekeye PCBs n'inkurikizi ku magara y'abantu, witure Igisata Kijejwe Amagara y'Abantu muri Vermont ku nomero 802-863-7220 au 800-439-8550 (bila malipo katika Vermont).



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 802-863-7220 or 800-439-8550 (toll-free in Vermont).