Ifira inyuma y'umwuzure

Ifira n'urubobi niyo majambo nyamukuru akoreshwa mu kudondora ubwoko bw'utunyabuzima tw'utwimeza. Hari amajana y'ubwoko bw'ifira butandukanye kw'ibara no kw'ishusho. Ifira riramenyerewe mw'ishamba, kandi rishobora no kuboneka mu nzu. Ifira rirashobora kumera ku mfungurwa, ku bikoresho vyo kwubaka, ku mpome, ku mpuzu no ku bindi bibanza.

Nimba inzu canke inyubako yawe yatewe n'umwuzure kandi ukaba utashoboye kuyumutsa mu kiringo c'amasaha 24 gushika kuri 48, ishiremwo ko ifira ryamezeko.

Ifira n'amagara yawe

Uburyo wohangana n'ifira buvana n'ibintu vyinshi harimwo n'ubwoko bw'ifira, urugero rw'ifira, ikiringo rimaze, hamwe n'amagara yawe muri rusangi.

Kwegerana n'ifira bishobora gutera indwara ya asima, uburibwe mu maso no ku rukoba hamwe no gufurufutirwa. Urashobora kugira ibimenyetso bikomeye nimba uziranirwabiturutse kw'ifira. Nimba ufise ubudahangarwa buke bw'umubiri wawe canke ufise ikibazo co guhema, ushobora kugira ikibazo ku mahaha mu gihe ugumye hafi y'ifira. N'ubwo bishika gake, birashoboka guterwa n'ingorane zo guhema zifatiye ku tunyabuzima tw'utwimeza, bisigura ko utunyabuzima tw'utwimeza dukurira ku mubiri canke mu rukoba rw'umubiri wawe.

Vugana n'umuganga wawe nimba ufise umwitwarariko canke ibibazo vy'amagara.

Gupima ifira

Gupima ifira ntibikenewe canke si ngombwa. Gutahura ivyavuye mu gipimo bishobora kugorana kuko nta rugero bifatirwako mu kugereranya inyishu. Inyishu z'ibipimo ntizishobora gutuma bavuga bati inyubako "imeze neza" canke "ntimeze neza." Ntaco bitwaye uko ifira ringana canke ubwoko bwaryo mu nzu canke inyubako yawe, intambuko z'ibikwiye gukorwa mu gutorera inyishu ico kibazo ni zimwe: kuhumutsa no kuhasukura.

Ikingire ifira

Ikingire ifira mu kwambara impuzu z'ukwikingira, nk'ipantaro ndende, ibirato vy'imibirikira, ibirato vy'intoke, amarori akingira amaso, n'imashini y'ihemero N95. Abana, abantu bagendana ingorane zo guhema n'abantu bafise abasoda bake bakingira umubiri bategerezwa kudafasha mu bikorwa vyo gusukura inyuma y'umwuzure.

Koresha imiringoti yo gusukura ngendanwa ifise imyenge ya HEPA (umuyaga uzira akanenge) kugira ugabanye guhura n'ifira riciye mu muyaga. Menya guhitamwo igikoresho nyaco co gusukura umuyaga mu nzu canke inyubako yawe

mu mabwirizwa ya [EPA y'ibikoresho bisukura umuyaga wo mu nzu Home](www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home) (www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home).

Suzumisha wongere wogeshe imashini yawe yo gususurutsa, kuyungurura no guhingura umuyaga (HVAC) ku muhinga afise uburambe mw'isukura ry'ifira imbere yo kuyatsa mu kwirinda ikwiragiza ry'ifira mu nzu canke inyubako yawe yose.

Gutora inyishu y'ingorane z'ifira

Mu gukosora ingorane y'ifira, utegerezwa ubwa mbere kwumutsa neza inzu canke inyubako yawe. Inzu canke inyubako yawe itumutse neza, ifira rizotegerezwa kugaruka.

Umutsa inzu canke inyubako yawe ukoresheje:

- Kwugurura inzugi n'amadirisha utibagiye urwinjiriro rw'imbere n'urw'ububiko kugira umuyaga ushobore guhita.
- Gukoresha imashini zo kwumutsa no kuyungurura umuyaga (igihe umuyagankuba udafise ingorane) bitumbereye kw'idirisha canke ku rugi mu guhuhira umuyaga hanze mu gishingo co kuwuhuhira mu nzu kugira ukinge ikwiragizwa ry'ifira.

Hamaze kwumuka no gusukurwa, kuraho ifira ukurikije intambuko zikurikira:

- Sukura ibikoresho bidakwega amazi biriko ifira (nk'ikirahuri, umuringoti, akabuyenge, urucekeri, itegura, icuma) ukoresheje isabuni n'amazi. Pompa ibice vyose vyashikiriwe n'amazi y'umwuzure inyuma yo kubisukura.
- Terera kure wongere usubirize ibikoresho bikwega amazi bitagoranye (imido yo kwicarako, imido yo kuryamako, uruhome rwumutse, umusezero, igifunikisho, n'ibigara). Nimba intebe y'umwana yo mu muduga yashikiriwe n'amazi y'umwuzure kandi idashobora kwozwa hakoreshejwe imashini, yigize kure. Ntukigere umesura ibikingirizo vy'imido y'intebe z'imodoka.
- Mesura impuzu n'ibindi bitambara. Mesura impuzu zose zambawe mu gihe co gusukura mu mazi ashushe n'umuti wica udukoko, hanyuma muzibike zitandukanye n'ibikoresho bitanduye.
- Huhera umuyaga ukoresheje umuringoti wa HEPA w'imyenge ufise akayungiro.

Koresha umunyamwuga

Umwuzurira urashobora gutuma ifira riba ryinshi. Nimba ifira rikwiragiye ku buringanire burenga imetero kwadarato 100, ushobora gukenera umunyamwuga yazobereye gusukura aho ifira ryateye. Umunyamwuga wese ukoresheje, rondera abo bamaze gukorana kugira usuzume uburambe bwiwe, ibikorwa yakoze neza muri kahise, kandi ko abandi yakoreye bashimishijwe n'igikorwa yabakoreye.

Umenye ko ata mpapuro canke impusha zihari ku rwego rw'intara ya Vermont ku bijanye no gutorera inyishu ibibazo vy'ifira.

Umunyamwuga ntakenewe ku ngorane ntoyi y'ifira idashikana uburinganire bwa metero kwadarato ziri munsi ya 10. Ku buringanire buri hagati ya 10 na 100, koresha umutima nama wawe mu gufata ingingo.

Nta bwoko bw'"ifira ryirabura

Nta bwoko bw'ifira ryitwa "ifira ryirabura." Ubwoko bwinshi bw'ifira bushobora kwirabura, kandi ibara ry'ifira ntirishobora kudondora ubwoko bwarwo canke ivyo rushobora kwonona. *Stachybotrys chartarum (S. chartarum) ni ubwoko bw'ifira bukunda kwitwa "ifira rwirabura" atari vyo.* Vyaravuzwe kandi mu makuru nk'ifira ryonona kuruta ayandi mafira. Muri kino gihe, ntibizwi nimba kuba ahantu hari *S. chartarum* bitera indwara kuruta kuba ahari ubundi bwoko bw'ifira.

Uwupanze inzu n'abakozi

Nimba upanze canke uri umukozi, vugana n'uwo upangiye canke umukoresha wawe ivyerekeye ingorane z'ifira. Nimba ingorane ikomeye cane kandi bikamara igihe kinini, abapanze bashobora gushaka guhamagara uwujejwe amagara mu gisagara cabo (www.HealthVermont.gov/find-your-THO), kandi abakozi barashobora kwifuza kuvugana n'abajejwe intwaro mu vy'amagara n'umutekano i Vermont (VOSHA).

Ibibazo bikundwa kubazwa

Noba ntegerezwa gupima ifira nimba inzu yanje canke inyubako yanje yaratewe n'umwuzure?

Oya, Gupima ifira ntibikenewe canke si ngombwa. Nimba inzu canke inyubako yawe yaratewe n'umwuzure kandi ukaba utashoboye kuyumutsa mu kiringo c'amasaha 24 gushika kuri 48, ishiremwo ko ifira ryamezeko.

Ni kubera iki ntegerezwa gukoresha isabuni n'amazi?

Isabuni n'amazi ni vyiza kandi bifise akamaro. Kenshi na kenshi si vyiza gukoresha umuti wo kwica udukoko kugirango urwanye ifira. Ku bantu bamwe bamwe, ifira ryumye rirashobora kuguma rigira ingaruka mbi ku magara yabo. Uko bigenda kwose, ifira ritegerezwa gukurwaho. Ubwa mbere, hanagura ku bibanza vyo he juru ukoresheje isabuni n'amazi kugirango ukureho ifira. Hanyuma, wuzuze ivyo bibanza ukoresheje icuma gikwega ivumbi gifise akayunguruzo kitwa HEPA.

Ni ryari nokwica imigera iri ku bibanza biri mu nzu yanje canke inyubako?

Kenshi na kenshi si vyiza gukoresha umuti wo kwica udukoko kugirango urwanye ifira. Ariko rero, utegerezwa kwica imigera iri ku bibanza vyahuye n'amazi

y'umwuzure. Urashobora kandi gukenera kwica imigera iri mu bikoresho biri mu mushinge w'inzu bifise ibitoboro canke ibikoresho vyo mu mushinge vyase imigaga (akarorero, amabuye, uruhome canke urucekeri) kugirango wice ifira udashobora gukuraho uhanaguye gusa. Ubwa mbere, sukura ibibanza vyo hejuru ukoresheje isabuni n'amazi. Hanyuma, ca wica imigera iri kuri vyo ukurikije intambwe ziri mu kibazo gikurikira.

Nimba nkeneye kwica imigera iri ku bibanza, ni ubuhe bwoko bw'umuti wica imigera nkwiye gukoresha?

Mu gihe vyoba bishoboka, hitamwo imiti yica udukoko ikoresha ibintu vyizewe, nka hydrogen peroxide, ubumara bwa sitrike, Ethanol canke ubumara bwa lactique, aho gukoresha amazi ya javel. Witondere gukurikiza amabwiriza yose ari ku gapapuro kerekana ico kintu kandi wambare ivyambarwa bikingira, harimwo udufukamunwa twa N-95, ibitato vyy'intoke n'amarori. Rondera ibindi vyinsh ku vyerekeye imiti yizewe yo kwica imigera.

Ni gute noshobora gukinga ifira muri kazoza mu gihe inzu yanje yo munsi yama itose?

Gukinga ibibazo vy'amazi n'urububi mu nzu yawe canke inyubako yawe n'urufunguzo rwo gukinga ifira muri kazoza. Mu nzu zo munsi zikanye, gukoresha icuma co kwumisha kiri hagati ya 30 na 50% vy'ubukanye bugereranye birashobora gufasha. Ibibanza vyo mu nzu zo munsi bijaga cane birashobora gukenera ko hashirwaho uburyo bwo gukurayo amazi. Vugana n'umunyamwuga kugirango uganire ku vyerekeye uburyo bwiza ku nzu yawe canke inyubako yawe.

Ayandi makuru kuri www.HealthVermont.gov/Flood