



Tiv Thaiv Koj Tus Menyuum ntawm Hlau Lom Neeg

Protect Your Child from Lead Poisoning

Hlau lom neeg yog dabtsi?

Hlau lom neeg ua tau koj tus menyuum mob heev, xws li muaj teebmeem rau nws tus cwjpwmm lossis puas hlwb mus tas sim neej. Yog koj raug hlau lom thaum koj cev xeeb tub, tej zaum koj tus mos ab yuav raug mob. Ntau cov tsev txua ua tej xyoo 1978 muaj cov xim tha tsev muaj hlau. Tej zaum kuj muaj hlau lom neeg nyob rau tej khoom ua si qub lossis tuaj lwm lub tebchaws tuaj, nplhaib/saw tes/saw caj dab, tej hom tshuaj siv hauv tsev, khoom qab zib tuaj lwm tebchaws tuaj, av, hauv tej pas kav hlau dej qub, tej qhov chaw ua haujlwm. Xav tau daim ntawv qhia txhij thiab piav kom ntxaws, mus rau ntawm CDC qhov vas sab: www.cdc.gov/nceh/lead/tips.htm. (lus Askiv xwb)

Cov menyuum yau dua 6 xyoo yog cov muaj feem raug mob tshaj. Coob tug menyuum tsis muaj cov tsos mob qhia tias raug lom. Rau ib txhia, cov tsos mob zoo li mob li tau khaub thuas lossis nkees heev (nkees, tsaug tsis tau zog, mob plab, ntuav).

Koj pab tiv thaiv tau kom koj tus menyuum kom tsis raug lom lossis ua kom qhov hlau qis dua yog hais tias nws twb raug lom lawm. 4 yam nco cia yog:

1. Txhob nyob tej qho chaw muaj hlau
2. Coj Mus Kuaj
3. Kuaj tsev kho mob
4. Noj zaub mov zoo



Txhob Nyob Tej Qho Chaw Muaj Hlau

Muaj hlau nyob rau ntau qhov chaw, xws li xim tha tsev, phab ntsa, av, plua plav, kua cwj mem, roj teeb, khoom ua si qub, thiab dej los ntawm tus kais dej los. Coob tug menyuum muab tej daim xim tha tsev ntsaws rau lawv qhov ncauj. Lawv kuj ntsaws tej yam lo plua plav hlau rau lawv lub qhov ncauj thiab. Muaj tej txoj kev yuav pab kom koj tus menyuum tsis muaj kev xwm txheej.

- **Yog hauv koj lub tsev muaj xim tha tsev tawg lossis nti**, hais kom ib tug kws tha xim tsev uas muaj ntaub ntawv txog muaj hlau hauv xim tha tsev tuaj kho. Tsis txhob ua koj tus kheej lossis kom lwm tus tsis tau kawm tawm tuaj ua. Yog koj xauj tsev, hu rau koj tus tswv tsev kom tuaj kho sai li sai tau. Saib peb daim ntawv qhia tseeb [Xim Tha Tsev Muaj Hlau thiab Neeg Xauj Tsev Cov Cai](#).
- **Nquag ntxuav koj cov menyuum tes**, tshwj xeeb tom qab lawv ua si nraum zoo, thiab ua ntej lawv noj mov.

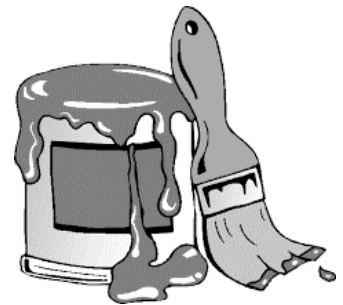
- **Nquag txhuav koj cov menyuam cov khoom ua si.**
- **Saib koj cov menyuam cov khoom ua si thiab rooj tog seb puas raug hu kom rov qab xa mus.** Lub Consumer Product Safety Commission qhov vas sab qhia cov khoom uas muaj hlau es raug hu kom xa rov qab. www.cpsc.gov/en/Recalls/.
- **Tu koj lub tsev kom huv si thiab tsis txhob muaj plua plav li yog ua tau.** Qhov yuav tu kom tau plua plav ces yog muab tus pas txhuam tsev ntab dej los txhuam hauv pem teb, so koj cov taw qhov rai, thiab ntxuav tej qhov chaw. Tov dej sov nrog xub npum ntxuav tais diav uas muaj tshuaj” tri-sodium phosphate” (TSP) nyob hauv. Hliv cov dej siv tag rau hauv lub qhov viv. Hnav hnab looj tes yas thaum koj tu/so tsev. Muab cov ntaub, ntaub ntxaum tais diav, thiab daim ntaub txhuam tsev ntim rau hauv ib lub hnab yas kom ruaj es muab pov tseg.
- **Kom koj cov menyuam txav dej ntawm tej xim tha tsev nti thiab taw qhov rai.** Tsis tas li ntawd, muaj tej rooj tog ntxav kom deb ntawm cov xim tha tsev puas thiab qhov rai es cov menyuam thiaj li tsis nce mus rau sauv.
- **Tu nraum zoov.** Muaj txoj yas txau dej yaug lub lawj, tej kev taug, chaw nres tsheb, thiab tej qab vag ntsib taug kom tshem tawm cov xim tha tsev nti thiab plua plav.
- **Hle khau ua ntej nkag los hauv tsev** lossis muab nws so kom huv huv ntawm ib daim ntaub so nraum zoov. Ua li no yuav pab kom tej av thiab plua plav muaj hlau tsis txhob los tau hauv tsev.
- **Hloov koj cov khaub ncaws ua haujlwm** thiab da dej ua ntej koj los tsev, yog koj ua haujlwm nrog hlau tim koj txoj haujlwm. Tsis txhob ntxhua koj cov khaub ncaws nrog tsev neeg cov khaub ncaws. Muaj hlau siv rau ntau qhov chaw ua haujlwm, xws li chaw kho taub dej tsheb, chaw ua roj teeb, thiab chaw ua hlau.
- **Kuaj cov chaw uas muaj xim tha tsev seb puas muaj hlau ua ntej kho tsev lossis tshem xim tha tsev tawm.** Tsis txhob tshiaiv, hlawv lossis txhuam/ko xim tha tsev kiag li yog koj tsis paub tseeb hais tias nws tsis muaj hlau. Nws yuav mus ua tau plua plav hlau uas menyuam nqus tau mus rau hauv lub cev.
- **Npog qhov chaw muaj hlau nyob sab hauv.** Koj siv tau ntawv tuab, hnab ntawv, ntaub nplaum, lossis ntaub yas. Tsis txhob siv ntawv xov xwm uas muaj xim.
- **Npog cov av do dus ntawm koj qab vag ntsib taug.** Av muaj taus hlau los ntawm pa roj tsheb lossis xim tha tsev sab nraum. Muab nyom, nroj, nplais ntoo, lossis xuab zeb los npog.
- **Muab cov ntawv xov xwm thiab cov phau ntawv muaj duab pov tseg lossis pov rau qhov chaw rov xos siv dua.** Tej zaum cov xim muaj hlau.



Coj Mus Kuaj Ntshav

Tib txog kev yuav paub seb koj tus menyuam puas muaj hlau siab lossis hlau lom ces tsuas yog mus tso ntsha kuaj tim tus kws kho mob lub hoobkas xwb. Yuav tso ntsha ntawm txhais caj npab, tsis nog ntawm ntiv tes.

- Txhua tus menyuam muaj 9 mus rau 15 hlis yuav tsum tau mus kuaj tshav seb puas muaj txhuas nyob hauv cov xim nthu tsev tsawg kawg los ib zaug.
- Txhua tus menyuam muaj 18 mus rau 24 hlis yuav tsum tau mus kuaj tshav seb puas muaj txhuas nyob hauv cov xim nthu tsev tsawg kawg los ib zaug.
- Txhua tus menyuam muaj 25 hlis mus rau 5 xyoos yuav tsum tau mus kuaj tshav seb puas muaj txhuas nyob hauv cov xim nthu tsev yog hais tias lawv tsis tau mus thaum muaj 24 hlis. Lossis yog lawv muaj feem yuav raug lom vim nyob qhov chaw muaj txhuas lom neeg.
- Txhua tus menyuam muaj 6 mus rau 17 xyoo yuav tsum tau mus kuaj tshav seb puas muaj txhuas nyob hauv cov xim nthu tsev yog lawv muaj feem yuav raug lom vim nyob qhov chaw muaj hlau lom neeg.
- Coj koj tus menyuam mus kuaj sai li sai tau yog koj lub tsev lossis chaw zov menyuam muaj cov txe qhov rai muaj plua plav thiab cov xim tha tsev nti lawm.
- **Cov pojniam xeeb tub yuav tsum mus kuaj lub sijhawm lawv suab tus menyuam.** Leej niam muaj hlau siab hauv lub cev ua mob rau tus menyuam nyob hauv plab.
- **Hno ntiv tes kuaj ntsha tsis txaus. Lawv kuaj tau tsis meej.** Hais kom koj tus kws kho mob tso ntshav ntawm koj tus menyuam txhais caj npab, tsis yog ntiv tes.



Kuaj Koj Lub Tsev

- Yog koj xauj tsev thiab muaj xim tham tsev nti lossis poob hauv koj lub tsev, hais koj tus tswv tsev kom muab coj mus kuaj sai li sai tau. Saib peb daim ntaw qhia tseeb, [Xim Tha Tsev Muaj Hlau thiab Neeq Xauj Tsev Cov Cai](#), yog xav paub ntxiv.
- Yog koj cov kav dej ua ua ntej 1985, tej zaum cov hlau cau muaj hlau. Yog ua ua ntej 1930, tej zaum cov kav dej yog hlau. **Tej zaum tsim nyog muab koj cov dej coj mus kuaj thiab.**
- Ntau cov lag luam thiab koomhaum muaj qhov nqi **them tsawg rau kuaj hlau.** Lawv kuaj tau xim tha tsev, dej, av, thiab lwm yam seb puas muaj hlau. Hu rau lub Department of Health ntawm (651) 201-4620 seb leej twg muaj cov kuaj hlau no nyob ze koj.

Noj Zaub Mov Zoo

- **Txhob noj zaub mov muaj roj ntau.** Roj ua rau lub cev nqus cov hlau yooj yim dua.
- **Pub zaub mov rau koj tus menyuam noj 3 zaug ib hnub, ntxiv rau 2 zaug noj khoom txom ncauj.** Lub cev nqus hlau qeeb dua yog lub plab tsau.

- **Siv dej txias ua noj thiab tov mis nyuj txhua zaus.** Cia dej los 1 feeb ua ntej mam siv. Yog ua tau, siv dej ntim hauv hwj.
- **Muab zaub mov ntim cia rau hauv iav lossis yas, txhob ntim rau hauv kaus poom.** Tej zaum cov kaus poom txhuas siv hlau los kaw nws. Qhov no nkag tau mus rau zaub mov tom qab qhib lub kaus poom.
- **Tsis txhob siv tej tais diav qub, tuaj lwm tebchaws tuaj lossis xuas tes ua.** Tej co xim siv ua cov tais diav qub, tuaj lwm lub tebchaws tuaj, thiab hub av nplaum muaj hlau nyob hauv.
- **Tsis txhob siv cov tshuaj uas muaj hlau nyob hauv,** xws li Azarcon, Greta, Pay-loo-ah, Ghasard, Bala Gobi, Kandu, Alkohol, lossis Kohl.
- **Muab cov zaub mov muaj iron, calcium thiab vitamin C ntau rau koj cov menyuum noj.** Tej yam no yuav ua rau koj lub cev nqus hlau nyuab. Saib daim ntawv sau hauv qab no.

Khoom Noj Muaj Iron Ntau

- Nqaij ntsiv, nqaij nyuj
- Nqai qaib, nqaij npuas, lossis nqaij mos lwj
- Ntses tuna hauv kaus poom, ntses sardines, lossis ntses salmon
- Cov cereal muaj iron (Cheerios lossis Total)
- Txiv “raisins”, txiv “prunes”, lossis txiv hmab txiv ntoo qhuav
- Zaub “spinach”
- Zaub ntsuab, zaub ntug
- Noob ntaum
- Khob cij
- Noob taum mog
- Noob taum ci
- Noob tau pauv
- Mis nyuj mob liab muaj iron



Khoom Noj Muaj Calcium Ntau

- Mis nyuj
- “Yogurt”
- “Cheese”
- “Cottage cheese”
- Kias lias, mij nyuj txias, thiab “yogurt” khov nab kuab
- Ncuav pob kws
- Noob taum dub
- Noob taum “garbanzo”
- Taum hwv
- Ntses salmon hauv kaus poom



Khoom Noj Muaj Vitamin C Ntau

- Txiv kab ntxwv
- Kuas txiv kab ntxwv
- Txiv lws zoov
- Kua txiv lws zoov
- Txiv pos nphuab “Strawberries”
- Zaub “broccoli”
- Zaub ntsuab, zaub ntug
- Qos yaj ywm

Xav tau lus qhia ntxiv txog hlau thiab kev tiv thaiv hlau lom neeg:

The Minnesota Department of Health:

Xov tooj: 651-201-4620 (asbestos “hom khoom tsis yaj thaum kub thiab xeb” thiab chav ceev kev cai txhuas)

E-mail: health.asbestos-lead@state.mn.us

Mus hauv vas sab: www.health.state.mn.us/communities/environment/lead/

The National Lead Information Center:

Xov tooj: 1-800-424-LEAD

Mus hauv vas sab: www.epa.gov/lead

HUD (Housing and Urban Development):

Mus hauv vas sab: www.hud.gov/program_offices/healthy_homes/leadinfo

Cov ntawv Qhia Tseeb yog qhia kom paub txoj kevcai xwb TSIS yog muab txwv yim txog txoj kevcai. Mus ntsib ib tug kws lij choj rau tswv yim. Tsis txhob siv daim ntawv qhia tseeb yog tias nws qub tshaj ib xyos lawm. Nug peb txog cov hloov tshiab, daim ntawv qhia txog cov ntawv qhia tseeb, lossis lwm hom ntawv.

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