

## Muaj dab tsi tshwm sim tom qab thaum ntsuam xyuas lead ntawm koj tus me nyuam tag?

Tom qab thaum ntsuam xyuas lead ntawm koj tus me nyuam cov ntshav tag—txawm yuav yog nkaug ntiv tes los yog tso ntshav ntawm caj npab—koj tus kws kho mob yuav qhia rau koj paub seb koj tus me nyuam puas muaj lead. Yog ntsuam xyuas tag tsis muaj dab tsi, tsis tag yuav mus ntsib tus kws kho mob ntxiv.

Yog koj tus me nyuam muaj lead siab dua li lub xeev los yog tsoom fwm cov cai, lub chaw txhawb kev noj qab haus huv zos yuav hu rau koj seb yuav ua li cas koj tus me nyuam cov lead thiaj yuav qis zuj zus.

Yog koj tus me nyuam raug lead lom, lub xeev los yog lub chaw txhawb kev noj qab haus huv zos yuav tuaj ntshawb nrhiav hauv koj lub tsev thiab nrhiav kom tau seb cov lead los qhov twg los. Tsawg dua li ib (1) feem pua ntawm cov me nyuam uas raug soj ntsuam muaj lead siab txog qib uas yuav tsim nyog muaj li no. Yog li no, nws tseem ceeb heev uas yuav tsum paub tias lead los qhov twg los thiab yuav tsum tshem tawm kom tag.

## Koj koj koj tus me nyuam mus ntsuam xyuas lead qhov twg?

- ✓ Nyob ntawm koj lub tsev kho mob (raws li kev soj ntsuam xyuas Me Nyuam thiab Cov tub ntxhais Hluas, nws kev loj hlob los yog thaum nws muaj mob).
- ✓ Hu rau lub chaw txhawb kev noj qab haus huv uas nyob ze tshaj rau ntawm koj hais txog kev tiv thaiv kom koj tus me nyuam txhob raug lead.

MDH lub Web Site rau Lead:

[www.health.state.mn.us/divs/eh/lead](http://www.health.state.mn.us/divs/eh/lead)

Chaw Soj Ntsuam Kev Feem Xyuam Rau Huab Cua  
(Environmental Impacts Analysis Unit)

P.O. Box 64975

St. Paul, MN 55164-0975

Yog tias koj xav tau tsab ntawv no ua lwm hom, xws li luam kom loj, ua ntawv rau cov dig muag xuas, los yog kaw ua suab, hu rau (651) 201-5000.

### Yog xav paub ntxiv kev soj ntsuam lead hu rau:

(651) 201-4610; los yog

1 (800) 657-3908; los yog

MDH TTY (651) 201-5797

MN Relay Service TTY 1-800-627-3529



Siv cov ntawv uas muaj 30% luam tawm thiab rov khaws mus ua los siv dua.

Local Contact Information  
Label Here

### Childhood Lead Poisoning Information - Hmong

CDC Grant #H64 EH000138-01

9/2006 - IC # 141-1679

# Ncauj Lus Qhia Txog Kev Lead Lom Me Nyuam



## Kev Pab Kom Lead Lom Tsuas Yog Yav Tag . . .



Lub Koom Haum Rau Fab Noj Qab Haus Huv  
Chaw Soj Xyuas Huab Cua thiab Fab Soj Ntsuam  
Chaw Soj Ntsuam Kev Feem Xyuam Rau Huab Cua

## Lead (tej yam muaj lead yog xws li xim pleev tsev, txhuas, hlau, tooj, ntim, av nplaum, thiab tej yam zoo xws li ntawd) yog dab tsi?

Lead yog ib yam hlau siv los tau ntau txhiab xyoo koj los ua ntau yam khoom thiab muaj nyob hauv peb lub ntiaj teb niaj hnub no. Raug lead ntau heev yuav ua mob loj. Lead ib txwm tsis yog ib yam zoo rau lub cev. Qhov xwm zoo yog tiv thaiv tau kom txhob raug lead lom.

## Tus me nyuam raug lead lom tau li cas?

Qhov uas me nyuam raug lead heev tshaj yog los ntawm cov xim pleev tsev uas siv ua ntej xyoo 1978 uas pleev tsis zoo heev. Cov xim pleev tsev uas tsim muaj ua ntej xyoo 1950 muaj lead ntau heev.

Lead nkag tau rau cov me nyuam lub cev thaum lawv nqus tau pa los yog hmoov av, los yog nqos tau tej yam muaj lead txuam nrog. Tej zaum muaj lead hauv cov cua, cov zaub mov, thiab dej haus, thiab tej laus nqa tau lead tom hauj lwm los tsev los yog los ntawm tej yam nws nyiam ua.

Nplooj npog yog tsim los ntawm Jan Benson, lwm cov dua kos yog los ntawm Cheeb Nroog Los Angeles Chawb Txhawb Kev Noj Qab Haus Huv Txoj Kev Pab Tiv Thaiv Lead Lom.

## Vim li cas thiaj txhawj xeeb txog kev lead lom?

Tej Kev Tshwm Sim Qhia Tias Raug Lead Lom Yog Dab tsi:

- ✓ Laj Lim Tswv Yim Qeeb
- ✓ Lub Cev Tsis Khov Zuj Zus
- ✓ Nyob Tsis Taus Twj Ywm Mus Ntev
- ✓ Coj Cuj Pwm Nyaum Heev
- ✓ Nyeem Ntawv Nyuab thiab Lwm Yam Teeb Meem



## Leej twg yog tus muaj feem raug lead tshaj plaws

Cov me nyuam tsis tau nto rau xyoo uas nyob hauv cov tsev uas ua ntej 1978 uas nti los yog xim tev yog cov muaj feem raug lead tshaj. Cov laus uas ua hauj lwm muaj lead kuj yog cov raug lead dua thiab lawv cov khaub ncaws paug lead nqa tau los tsev los paug lawv cov me nyuam. Cov me nyuam uas yuav tsum muaj neeg pab nws thiaj mus taus kuj yog cov muaj feem raug lead lom dua thiab yuav tsum koj nws mus ntsuam xyuas.

## Koj yuav ua li cas paub tias koj tus me nyuam raug lead?

Tib txoj kev kom paub tias koj los yog koj tus me nyuam raug lead yog mus tso ntshav los ntsuam xyuas xwb. Tsis muaj tej yam tshwm sim qhia tias yog raug lead lom txog rau thaum tus me nyuam mob heev.

Yog koj tus me nyuam rau lead me me, lub cev yuav ntaus tawm tau nws tus kheej. Tus me nyuam lub cev yuav tsis muaj zog ntaus cov lead tawm npaum li tus laus lub. Ib feem ntawm cov lead uas nkag mus rau hauv lub cev yuav mus nyob rau hauv cov pob txha ntev mus.

Txawm tias koj tus me nyuam tau mus tso ntshav ntsuam xyuas ib zaug lawm los tag nrho cov me nyuam muaj hnub nyog peb mus txog rau xyoo yuav tsum mus ntsuam xyuas ib zaug ib xyoo. Yog tias tus me nyuam qhov chaw nyob raug kho tshiab ua ntej 1978 (tsev/chaw zov me nyuam, thiab tej chaw li ntawd) los yog tus me nyuam tsiv mus nyob rau lub tsev tsim ua ntej xyoo 1950, yuav tsum koj tus me nyuam mus tso ntshav ntsuam xyuas kom txhob muaj cov lead tshiab.

