XAIV KEV NOJ QAB NYOB ZOO, CAIV TEJ TSHUAJ UA RAU TAWV NQAIJ SAWB TUAJ

HLUB KOJ DAIM TAWV NQAIJ

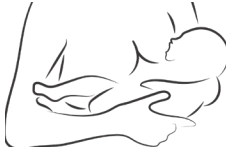
Ib txhia tshuaj pleev daim tawv nqaij kom dawb tuaj muaj cov **tshuaj kua hlau myaum heev (mercury)** nyob rau hauv thiab ua rau muaj mob tau. Cov no yog **tshuaj lom**. Cov tshuaj kua hlau uas nyaum heev no, qhov muag phom tsis tau, tes chwc tsis tau , tsis muaj ntxhaib tsw lossis sim noj tsis tau, thiab feem ntau vog cov tshuaj pleev tawv daim ntawv sau qhia cov tshuaj sib tov tso hauv poom tshuai qhia tsis tag tsis meej.

KEV TAW QHIA KOM NOJ QAB NYOB ZOO

- Paub kom zoo tej yam lawv maub tso rau cov tshuaj koj siv los pleev koj daim taw nqaij
- Tiv thaiv koj daim tawv nqaij los ntawm siv tej tshuaj tiv thaiv tshav kub
- Tsis txhob cia koj daim tawv nqaij nkig thaib qhuav

TIV THAIV

KOJ TUS MOS AB



Thaum pub naim mis rau menyuam noj, koj tus mos ab yuav nqus tau txhua yam uas muaj nyob ntawm koh daim tawv nqaij.

KOJ TUS KHEEJ

Koj daim tawv nqaij nqus tau cov tshuaj kua hlau nyaum heev uas koj siv ntawd los pleev koj daim tawv nqaij.

KOJ VAJTSE

Yog koj siv tej tshuaj no ces koj ua rau muaj xov tshuaj kua hlau nyaum no mus txuam nrog cov pa koh thaib koh tsev neeg nqus.

NTAU COV TSHUAJ PLEEV TAWV NQAIJ KOM DAWB MUAJ TSHUAJ KUA HLAU NYAUM HEEV NYOB RAU HAUV. TSIS TXHOB YUAV LOSSIS COJ LOS SIV.

Sau tsis tag txhua cov tshuaj lub npe. Tau kuaj nrhiav pom muaj cov hlau nyaum heev thiab lwm yam tshuaj nyob hauv ntau poom tshuaj muaj muag hauv Minnesota. Yog xav paub ntau ntxiv txog lwm yam tshuaj mus rau lub vej xaij health.state.mn.us/topics/skin

ʅɔŋ̃ɨsa Nplej kua mis

Mis nyuj haus

Txiv qaub herbal whitening qab zib

Kua Aghader

Kua Diana C.T.R.

TSUM KAIG TSIS TXHOB SIV

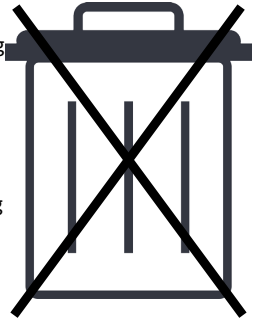
Yog tias koj twb ho niaj hnub siv ib poom tshuaj ua muaj tshuaj kua hlau nyaum heev nyob rau hauv, ces cia tsis txhob siv kiag li lawm. Sijhawm ntev mus ces, koj lub cev yuav maj mam tshem tawm cov tshuaj kua hlau ntawd tawm mus.

DEPARTMENT OF HEALTH
625 Robert St. North
PO Box 64975
St. Paul, MN 55164-0975
Xav tau cov ntaub ntawv no ua lwm ham, hu rau 651-201-4899. REV 05/2018

Cov kua hlau nyaum heev no cuam tshuam tau nrog rau kev cim xeeb, kev xav, kev tswm seeb thiab kev kawm tau ntawv rau tej mos ab thiab menyuam yaus.

Cov neeg uas siv tej tshuaj ua kom tawv nqaij dawb tuaj muaj tau mob raum lossis lub cev kev xa xov muaj teeb meem thiab tsim tau kev mob ib ce thiab nqaij xoo pob.

PAUB MUS MUAB POV TSEG RAU QHOV CHAW TWG



Tsis txhob cuam pov tseg te tshuaj pleev tawv nqaij uas ua teeb meem tau rau tibneeg rau tej thoob kjib nyiab. Nws yuav ua mob tau rau lwm tus yog tia mus txog tej chaw nyob ib puag ncig. Coj tej tshuaj pleev tawb nqaij mus rau thaj xhaw cuam pov tseg tej tshuaj ua teeb meem tau rau lwm tus. Mus nrhiav seb thaj chaw cuam pov tseg tej tshuaj ua teeb meem tau rau lwm tus nyob rau qhov twg ntawm pca.state.mn.