

Kho Tshiab Cov Lus Qhia Txog Kev Noj Ntses Rau Cov Dej Hauv Minnesota

Kho Tshiab Lub Peb Hlis 2026

Minnesota Department of Health (MDH) tab tom kho tshiab cov lus qhia txog kev noj ntses vim muaj mercury thiab per-and polyfluoroalkyl substances (PFAS) pom nyob hauv cov ntses ntawm qee thaj chaw dej hauv Minnesota. Cov lus qhia tshiab no feem ntau tsom rau cov ntaub ntawv hais txog mercury thiab PFAS, tiam sis kuj pab tiv thaiv kev raug polychlorinated biphenyls (PCBs) thiab. MDH tshuaj xyuas cov kuab paug nyob hauv cov ntses uas nuv tau los ntawm cov dej hauv Minnesota thiab muab cov ntaub ntawv uas tshiab tshaj plaws ua ntu zus rau pej xeeem.

Qhov Kev Pab Qhia Txog Kev Noj Ntses (Fish Consumption Guidance program) tab tom kho tshiab cov lus qhia txog kev noj ntses tom qab tau tshuaj xyuas cov ntaub ntawv tshiab. Qhov no suav nrog kev hloov tshiab cov lus qhia siv thoob plaws lub xeev thiab cov lus qhia tshwj xeeb rau qee thaj chaw dej, ntxiv rau kev tsim cov lus qhia tshiab rau cheeb tsam Minnesota qaum tej sab hnub tuaj (Northeast Minnesota) raws li kev tshuaj xyuas tshiab txog mercury. Lawv kuj tab tom kho tshiab cov lus qhia hais txog PFAS rau tus Dej Vermillion nyob hauv Dakota County thiab Scott County thiab.

Rau cov ntses nuv los ntawm cov pas dej hauv Minnesota, mus saib [LakeFinder](https://www.dnr.state.mn.us/lakefind/index.html) (<https://www.dnr.state.mn.us/lakefind/index.html>) nyob rau qhov website ntawm Department of Natural Resources (DNR) seb puas muaj lus qhia txog kev noj ntses. LakeFinder pab txuas koj mus saib cov lus qhia txog kev noj ntses rau txhua lub pas dej hauv Minnesota.

Rau cov ntses nuv los ntawm cov dej ntwis hauv Minnesota, thov mus saib daim ntawv teev npe tau hloov kho tshiab *Waterbody-specific Guidelines* rau cov dej ntwis nyob rau qhov website [Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines](https://www.health.state.mn.us/communities/environment/fish/guidelines.html) (<https://www.health.state.mn.us/communities/environment/fish/guidelines.html>).

Xav paub cov lus qhia tshiab nyob cheeb tsam Qaum Teb Sab Hnub Tuaj thiab Cov Lus Qhia Txog Kev Noj Ntses Thoob Plaws Lub Xeev ces mus saib peb qho website [Waterbody-specific, Northeast, and Statewide Fish Consumption Guidelines](https://www.health.state.mn.us/communities/environment/fish/guidelines.html#statewide) (<https://www.health.state.mn.us/communities/environment/fish/guidelines.html#statewide>).

2026 FCG Update - Hmong

MDH cov lus qhia txog kev noj ntses yog tsim los pab rau cov neeg nyob hauv xeev Minnesota kom paub txiav txim xaiv yam zoo rau kev noj qab haus huv thiab kev nyab xeeb ntawm lawv tsev neeg. Cov lus qhia txog kev noj ntses yog nyob ntawm:

- **Qhov chaw uas koj nuv tau tus ntses.** Qee lub pas dej lossis dej ntwis muaj cov lus qhia tshwj xeeb rau lub pas dej ntawd vim tias muaj cov PFAS, mercury, lossis PCBs siab heev. Cov ntses uas los ntawm cov pas dej thiab dej ntwis hauv cheeb tsam Qaum Teb Sab Hnub Tuaj hauv Minnesota feem ntau muaj mercury ntau dua cov ntses uas los ntawm lwm cheeb tsam hauv lub xeev.
- **Seb koj yog leej twg.** Qee tus neeg lub cev muaj kev phom sij ntau dua rau kev raug mercury thiab PFAS. Mercury thiab PFAS, suav nrog perfluorooctane sulfonate (PFOS), yuav sib sau nyob rau hauv tib neeg lub cev mus ntev thaum raug tau ntau heev, thiab tej zaum yuav ua rau muaj teeb meem kev loj hlob ntawm lub cev. Qhov no txhais tau tias thaum lub cev xeeb tub, thaum yog menyuam mos yug tshiab, thiab thaum yau yog cov sijhawm tseem ceeb uas yuav tsum ceev faj txog kev raug mercury thiab PFAS. Cov pab pawg uas muaj kev phom sij ntau dua muaj xws li menyuam yaus hnub nyoog yau dua 15 xyoos; cov ntxhais hluas, poj niam, thiab cov neeg hnub nyoog 15 xyoos rov saud uas tej zaum yuav xeeb tub tau, cov neeg cev xeeb tub, cov neeg pub niam mis lossis cov uas npaj yuav pub niam mis rau menyuam.
- **Tus ntses uas koj nuv tau.** Hom ntses thiab qhov loj ntawm tus ntses yuav muaj feem xyuam rau cov lus qhia kev noj ntses. Cov lus pom zoo rau noj tau cov ntses ntau npaum li cas nyob rau ib lim tiam ntawd yuav txawv ntawm ib hom ntses mus rau ib hom, txawm cov ntses yog los ntawm tib lub pas dej los xwb kuj xij. Feem ntau, cov ntses uas ntev lossis loj dua yuav muaj mercury ntau dua.

Kev hloov tshiab ntawm cov lus qhia txog mercury

MDH tab tom hloov kho peb cov kev tshuaj xyuas mercury rau qee hom ntses hauv qee thaj chaw dej. Cov kev tshuaj xyuas mercury tshiab no pab ua kom kev kwv yees txog qhov ntau tsawg ntawm cov mercury nyob hauv nqaij ntses meej dua qub; pab tsim cov lus qhia tshwj xeeb thiab muaj kev tiv thaiv ntau dua rau cov cheeb tsam Cook County, Lake County, thiab St. Louis County; thiab ntxiv cov lus qhia raws li qhov ntev ntawm ntses rau cov pawg neeg uas yuav raug cuam tshuam yooj yim.

Daim Phiaj Qhia Chaw: MDH tshaj tawm Cov Lus Qhia Noj Ntses Tshiab rau sab Qaum Teb Hnub Tuaj rau cov cheeb tsam Cook, Lake, thiab St. Louis counties (Lub Peb Hlis 2026)



Mercury yog ib yam tshuaj lom uas muaj kev puas tsuaj rau lub paj hlwb. Cov sijhawm uas muaj kev phom sij rau kev puas tsuaj ntawm lub paj hlwb ntau tshaj plaws yog thaum lub cev xeeb tub rau tus menyuam hauv plab, thiab thaum yog menyuam mos yug tshiab mus txog rau thaum yog menyuam me, uas kev xav, kev kawm, thiab kev to taub yuav raug cuam tshuam.

Mus saib ntxiv txog cov kev tshuaj ntsuam mercury uas tau hloov tshiab ntawm no:

- [Updated Mercury Analyses for Fish Consumption Guidelines \(https://www.health.state.mn.us/communities/environment/fish/guidance/hganalyses.html\)](https://www.health.state.mn.us/communities/environment/fish/guidance/hganalyses.html)

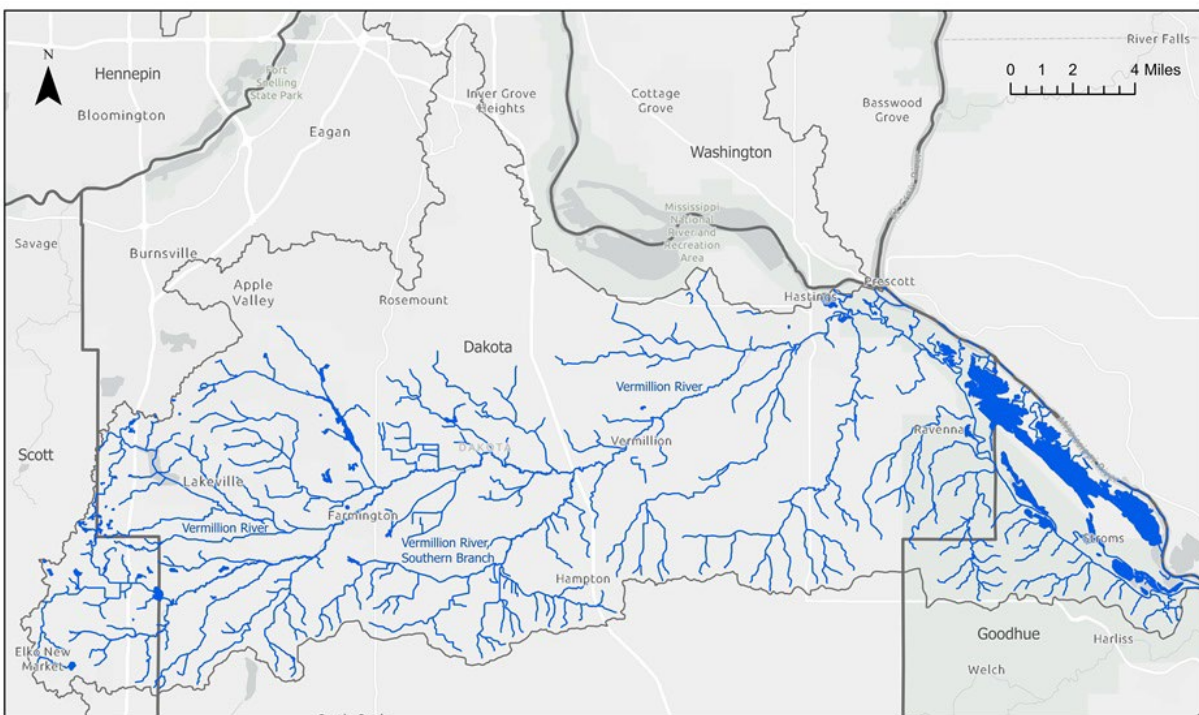
Mus saib ntxiv txog mercury cov kev cuam tshuam rau kev noj qab haus huv tau ntawm no:

- [Contaminants and Minnesota Fish](https://www.health.state.mn.us/communities/environment/fish/faq.html)
(<https://www.health.state.mn.us/communities/environment/fish/faq.html>)

Cov lus kho tshiab qhia txog PFAS

MDH txoj kev tshuaj xyuas cov ntaub ntawv ntses qhia tias muaj ntau hom per-and polyfluoroalkyl substances (PFAS) nyob hauv cov nqaij ntses uas nuv los ntawm tus Dej Vermillion sab saud ntawm Hastings Dam (hauv Dakota County thiab Scott County) nyob rau theem uas tej zaum yuav ua rau muaj kev phom sij rau kev noj qab haus huv.

Daim phiaj qhia chaw ntawm tus dej Vermillion River thiab cov dej me nyob sab saum toj Hastings Dam thiab lwm cov dej ntwis los txuas rau Mississippi River Pool 3.



Cov lus qhia txog kev noj ntses rau tus Dej Vermillion, cov dej uas ntwis los txuas rau, thiab lwm tus dej me uas txuas nrog Mississippi River Pool 3 yog:

- **Cov pab pawg neeg uas muaj kev phom sij: rau txhua txhua hom ntses, tsis txhob noj**
Cov pab pawg neeg uas muaj kev phom sij tshaj muaj xws li: cov menyuam hnuv nyoog yau dua 15 xyoos; cov ntxhais hluas, poj niam, thiab cov neeg hnuv nyoog 15 xyoos rov saud uas tej zaum yuav xeeb tub tau, cov neeg cev xeeb tub, cov neeg pub niam mis lossis cov npaj yuav pub niam mis rau menyuam.

2026 FCG Update - Hmong

- **Rau cov pej xeeb dav dav: noj tau txog 1 hom ntses nyob rau ib lub hlis**
Cov pej xeeb dav dav muaj xws li: cov neeg uas tsis npaj yuav xeeb tub; tub hluas thiab txiv neej hnuv nyoog 15 xyoos rov saud.

Kev noj ntses tsuas yog ib txoj kev xwb uas tib neeg chwv raug PFAS. PFAS muaj nyob rau ntau yam khoom uas tib neeg siv, nyob ib puag ncig, nyob hauv tej chaw ua haujlwm, thiab hauv vaj tse. Xeev Minnesota pib ua haujlwm txo thiab tshem PFAS los tau ntau xyoo lawm. Thaum peb kawm paub ntxiv txog PFAS hauv cov ntses, MDH yuav hloov kho cov lus qhia txog kev noj ntses raws li tsim nyog.

Mus saib ntxiv txog kev txo kev chwv raug PFAS tau ntawm no:

- [Reducing Exposures: Per- and Polyfluoroalkyl substances \(PFAS\) \(PDF\)](https://www.health.state.mn.us/communities/environment/hazardous/docs/pfas/pfasreducingexp.pdf)
(<https://www.health.state.mn.us/communities/environment/hazardous/docs/pfas/pfasreducingexp.pdf>)
- [PFAS and Health](https://www.health.state.mn.us/communities/environment/hazardous/topics/pfas/health.html)
(<https://www.health.state.mn.us/communities/environment/hazardous/topics/pfas/health.html>)

Kev cob qhia online txog cov lus qhia kev noj ntses thaum lub Plaub Hlis tim 8

Qhov Kev Pab Qhia Txog Kev Noj Ntses (Fish Consumption Guidance Program) tau muaj kev cob qhia online thaum lub Plaub Hlis tim 8, 2026, hais txog cov lus qhia tshiab no. Cov duab siv hauv qhov kev cob qhia no muaj nyob rau: [Minnesota Fish Consumption Guidance Updates Summary \(PDF\)](https://www.health.state.mn.us/communities/environment/fish/docs/2026webinar.pdf)
(<https://www.health.state.mn.us/communities/environment/fish/docs/2026webinar.pdf>)

Yog koj muaj lus nug txog cov lus qhia kev noj ntses, thov tiv toj peb ntawm
HEALTH.fish@state.mn.us.