



Cov pojniam uas tiav niam tsimnyog yuav tau paub txog kev **noj ntses.**

Ntses zoo nuv thiab zoo noj. Ntses yog zaub mov yug lub cev zoo – nws muaj nqaij puv (protein) thiab tsis muaj roj ntau kiag li.

Tiamsis yog noj ntau dhau hww kuj tsis zoo ib zaug rau koj lub cev thiab. Tagnrho txhua yam ntses nws muaj cov kua hlau mercury, yog raug tshuaj lom. Yog noj cov ntses raug cov tshuaj kua hlau mercury no nws yog ib qho tsis zoo rau koj lub cev thiab koj tus menyuam kev noj qab haus huv. Tej tshuaj uas kuaj tau los ntawm ntses tsis muaj qhov uas yuav ua rau kom yus mob tamsim ntawd, tiamsis tej tshuaj khesmis (chemicals) no ntev ntev mus nws yuav loj thiab huam rau hauv lub nrog-cev.

Ib qho kua hlau me me xwb yuav ua tau rau lub hlwb uas nyuam qhuav loj hlob kom puas taus.

Yog li ntawd cov menyuam yaus, menyuam uas tseem nyob hauv plab thiab cov menyuam mos-liab uas pub niam mis yog cov yuav raug cov mob no heev dua. Yog muaj cov kua hlau mercury no ntau dhau nws tsis zoo rau tus menyuam lub nrog-cev thiab tus yeebyam thiab yuav muaj teebmeem txog kev kawm rau yav tom ntej no.

Yog li ntawd kuv yuav ua cas txwv tau qhovno thiab txwv tau rau kuv tus menyuam txog cov kua hlau mercury thiab lwm yam tshuaj khesmis (chemicals) nyob rau hauv tej nqaij ntses?

- **Noj cov ntses me me, yog cov ntses mos.**
- **Xaiv cov ntses nqaij tshiab tshiab xwb. Cov no yog cov ntses xwli bluegill, crappie, sunfish, thiab perch daj.**
- **Xaiv cov ntses uas tsis noj lwm yam ntses. Cov ntses loj li cov bass, walleye, northern pike, thiab muskie muaj tej tshuaj khesmis (chemicals) no ntau dua.**

Yog xav paub ntxiv txog tej txheejlus noj ntses hauv xeev Wisconsin lossis xav tau ib daim qauv los ntawm lub rooj tuav kev nuv ntses, hu rau State Division of Public Health xovtooj yog 608-261-6875, hu rau cov tsoomhww hauv koj lub zos, lossis tshawb hauv lub cheebtsam loj Division lub website www.dhs.wisconsin.gov lossis Department of Natural Resources lub website www.dnr.state.wi.us.