

# Tiv thaiv koj tsev neeg Tsis txhob nqa hmoov txhua ntawm hauj

Hmoov txhuas me me xwb los yeej tsis zoo rau tus laus tus hluas

## Tej zaum kuj yog koj ua hauj lwm nrog hmoov txhuas ntawm koj txoj hauj lwm, tej zaum kuj yog kev nyiam

Kev xaiv nrog cov khoom muaj hmoov txhuas xws li nram no:

- Pleev xim/ nti xim
- Txiav hlau
- Kho tsev
- Kho cov hlau tso cua sov
- Kho choj, kho hlau nrog txhuas
- Kev kho/tua phom
- Kho/txua nplaib thia txhuas
- Kho kais dej
- Ua mos txwv, ua hlau, ua txhaus nuv ntses
- Kev tsoo tsev txua dua tshiab
- Pleev xim tsheb
- Ua roj teeb tsheb
- Kev nti xim ntawm koos poom
- Kev txiav hlau & txhuam hlau
- Kev puab, kev ncu thiab kev txhuam ua tais diav

## Koj yeej tsis pom hmoov txhuas li. Nws poob yooj yim lo koj tej plaub hau, tawv nqaij, khawb ncaws, khau, thiab ciaj kho tsev.

- Thaum lub sij haum koj mus txog tsev hmoov txhuas yuav lo rau pem teb, rooj tog, los si hauv tsheb ua koj tsev neeg yuav nqos tau cov hmoov txhuas yuav tsim tau teeb meem rau koj tsev neeg.
- Yog koj ua haujlwm nrog hmoov txhuas hauv tsev koj tsev neeg yuav los poo rau chaw ua haujlwm. Lawv yuav nqos tau hmoov txhuas lom tau lawv.



## Hmoov txhuas yog ib yam yuav tsim tau teeb meem rau txhua tus, qhov tseem ceeb tshaj yog cov me.

- Thaum lawv twb tau qhov teeb meem no lawm los lawv coj tau li lawv tsis muaj teeb meem li.
- Qhov teeb meem no yuav ua rau me nyuam me lub hlwb tsis zoo thiab yuav ua teeb meem rau tus me nyuam.
- Me nyuam nqus tau hmoov txhuas 4-5 zaug ntau npaum li ib tug laus txawm tias lawv lub cev me aiv npaud.
- Me nyuam me nyiam nkag pem teb, khaws khoom ntsaws qhov ncauj, qhov no yog qhov tsim tau teeb meem loj rau lawv.



Kawm txog hmoov txhuas  
Hu rau CDC-INFO at 800-CDC-INFO  
(800-232-4636) Los sim mus rau  
[go.usa.gov/x9tcN](http://go.usa.gov/x9tcN) kawm txog  
hmoov txhuas thiab koj qhov hauj  
lwm.

For questions about lead and  
work in Wisconsin, contact the  
Occupational Health Program.

Xov Tooj: 608-266-1120

Email:

[dhsocchealth@wisconsin.gov](mailto:dhsocchealth@wisconsin.gov)

Visit our website at:

[www.dhs.wisconsin.gov/adult-lead](http://www.dhs.wisconsin.gov/adult-lead)

Yog koj xeeb tub thiab pub niam  
mis, nkag rau: [cdc.gov/niosh/  
topics/repro/pregnancy.html](http://cdc.gov/niosh/topics/repro/pregnancy.html)



### WISCONSIN OCCUPATIONAL HEALTH PROGRAM

Bureau of Environmental and  
Occupational Health

Division of Public Health

Wisconsin Department of Health Services

[www.dhs.wisconsin.gov/occupational-health](http://www.dhs.wisconsin.gov/occupational-health)

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### 3 txoj kev yuav tiv thaiv thiab koj tsev neeg ntawm hmoov txhuas

#### 1. Xuam xim pem hauj lwm

Nug koj cov chaw ua hauj lwm seb koj puas ua hauj lwm nrog hmoov txhuas. Raws txoj cai, koj qhov chaw ua hauj lwm yuav tsum qhia koj txog tej kev yuav tsim tau teeb meem rau koj xws li hmoov txhuas.

Nug koj txoj hauj lwm kom muab daim natwv (SDS) qhia txog cov khoom/yam tshuaj ntxuav tsev koj siv. Yog nug lawm, lawv yuav tsum muab kom tau rau koj.

Tsis txhob cia me nyuam mus rau cov chaw ua hauj lwm siv hmoov txhuas los sis nrog hmoov txhuas.

Kev tiv thaiv kom qhov teeb meem no tsis txhob loj zuj zus tuaj.

- Hnav khaub ncaws tiv thaiv kom hmoov txhuas tsis txhob lo rau koj cov khaub ncaws
- Siv dej txias los so cov xim
- Siv lub nqus tsev uas yog tsim los nqus hmoov txhuas xwb (HEPA filter).
- Siv ib daim ntaub ntub dej noo noo coj los so cov hmoov txhuas xwb.
- Yog xav kawm ntxiv nug koj tus neeg tuav kev ruaj ntseg, los sis hu rau CDC-INFO, los yog Wisconsin Occupational Health Programs.

#### 2. Txhob nqa hmoov txhuas mus tsev



Da dej pem hauj lwm yog hais tais muaj chaw da dej. Yog tsis muaj ntxuav tes ua ntej koj mus tsev.



Txhob nqa koj lub thawv noj su los yog koj lub thawv cuab yeej mus rau chaw ua hauj lwm.

Tsis txhob nqa cov khoom ua hauj lwm mus rau pem tsev. Yog koj nqa mus tsev, muab cov hnab yas tuab tuab ntim thiab tsis txhob tso ncaj ke tsam me nyuam kov raug.



Hloov koj cov khaub ncaws thiab koj nkawm khau ua ntej mus tsev.

Tsis txhob muab cov khaub ncaws hnav ua hauj lwm tso nrog cov khaub ncaws tsis tau hnav. Cia nkawm khau nyob tom hauj lwm. Yog koj yuav nqa mus tsev, muab ntim rau ib lub hnab muab cia kom txhob ncaj ke.

Muab hnab ntim cov khaub ncaws koj hnav ua hauj lwm mam nqa mus tsev. Muab nws ntxhua nws tsis xyaw nrog lwm cov khaub ncaws. Tom qab ntxhua tag cov khaub ncaws, muab lub cav khiav ib lwm tsis nrog khaub ncaws kom nws yaug tau cov hmoov txhuas tawm kom tag.

**Yog hais tais koj da tsis tau dej los hloov tsis tau khaub ncaws pem hauj lwm, koj yuav ua li cas thiaj yuav peb tau kom nqa txhob tau hmoov txhuas nrog koj los tsev.**

- Hle koj nkawm khau rau hauv chaw nres tsheb ua ntej koj yuav mus rau hauv tsev
- Hloov khaub ncaws thaum koj mus txog ntau tsev thiab muab ntxhua kiag
- Ntxuav tes thiab da dej thaum thaum koj mus txog ntua tsev. Yog hais tais koj ua hauj lwm nrog hmoov txhuas hauv koj lub tsev, koj yuav tau cais chaw xws li tsis pub tsev neeg los poo hauv koj chaw chaw ua hauj lwm.

#### 3. Qhia koj tus kws kho mob yog tias koj ua hauj lwm nrog hmoov txhuas

**Nug kom kws kho mob rho ntshav kuaj.** Cov laus yog raug hmoov txhuas lom muaj mob tab si tsis paub tias yog vim hmoov txhaus.

**Poj niam cev xeeb tub thiab me nyaum yau nyob hauv koj lub tsev yuav tau mus rho ntshav kuaj.** Kws kho mob t thiab tsev kuaj mob yuav pab tau koj rau kis no.