

# Manganese hauv Cov Dej ntawm Pej Xeem

(Manganese in Public Water)

## Cov Manganese yog keev pom muaj nyob rau hauv cov dej hauv qab av.


Txawm hais tias qee qhov me-me ntawm cov manganese yog ib feem tseem ceeb hauv tej khoom noj khoom haus pab rau muaj kev noj qab haus huv, tab sis yog muaj cov manganese ntau dhau yuav tuaj yeem cuam tshuam rau lub paj hlwb, cuam tshuam rau kev loj hlob, thiab ua rau lub raum puas.


## Lub lab npauv dej hauv zej zog kev kuaj xyuas manganese yam tsawg kawg ib zaug hauv cuaj lub xyoo.

Yog tias qib manganese siab, lub lab npauv yuav tshaj tawm cov lus qhia kom *tsis txhob haus*.

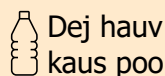
- Nyob rau qib sib npaug los sis ntau dua 300 micrograms hauv ib liter ( $\mu\text{g/L}$ ), lub lab npauv yuav tshaj tawm cov lus qhia rau cov pab pawg uas tsis muaj zog (cov neeg laus dua 50 xyoo thiab cov me nyuam yaus hnuv nyooq qis dua 6 lub hlis).
- Nyob rau qib sib npaug los sis ntau dua 1000  $\mu\text{g/L}$ , lub lab npauv yuav tshaj tawm cov lus qhia rau cov niam txiv pej xeem.

## Yog tias koj lub llab npauv dej muaj teeb meem *tsis txhob haus muab lus qhia rau cov pab pawg uas tsis muaj zog*:

 **Cov neeg laus dua 50 xyoo** yuav tsum tam sim siv lwm qhov dej sib txawv coj los haus thiab ua zaub mov noj uas siv dej ntau (xws li mov, oatmeal, thiab jello).

 Cov tsev neeg yuav tsum siv lwm qhov dej los ua mis rau **me nyuam mos noj**.

Cov kev xaiv rau cov lwm cov dej muaj xws li:



Dej hauv kaus poom



Dej los ntawm qhov dej tsis muaj teeb meem



Dej los ntawm pej xeem cov chaw muab dej siv



Cov dej no kuj tseem tuaj yeem siv tau coj los mus da dej, txhuam hniav, thiab ntxuav tais diav.

## Yog tias koj lub lab npauv dej muaj teeb meem *tsis txhob haus muab cov lus qhia rau cov niam txiv pej xeem*:



Nyob rau qib no, **txhua tus** yuav tsum siv lwm qhov dej sib txawv ntawm dej haus thiab npaj los ua zaub mov noj uas siv dej ntau.



Cov dej no kuj tseem tuaj yeem siv tau coj los mus da dej, txhuam hniav, thiab ntxuav tais diav.

Kawm tau ntxiv ntawm [www.dhs.wisconsin.gov/water/manganese.htm](http://www.dhs.wisconsin.gov/water/manganese.htm).



Wisconsin Department of Health Services  
Division of Public Health  
Groundwater and Drinking Water Program  
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Puas muaj lus nug? Puas muaj kev txhawj xeeb?

Tiv tauj rau peb tau ntawm

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