

Kaum Hli 27, 2015

Nyob Zoo Niam Txiv,



Yuav pab saib xyuas kom cov menyuam yaus nyob hauv Flint nyab xeeb thiab tsis raug cov tshuaj txhuas, lub chaw Genesee County Health Department thiab lub tsev haujlwm Michigan Department of Health and Human Services tab tom teb cov nqe lus nug raws li nram no:

- Tshuaj txhuas los ntawm qhov twg los?
- Kuv tuaj yeem tiv thaiv kuv tsev neeg tau li cas?
- Kuv puas yuav koj kuv tus menyuam mus kuaj xyuas cov tshuaj txhuas?
- Kuv tuaj yeem nrhiav cov ntaub ntawv hais txog cov tshuaj txhuas rau qhov chaw twg?

Tshuaj txhuas los ntawm qhov twg los?

Tau muaj cov tshuaj txhuas ntau rau hauv cov dej haus los ntawm cov raj dej txhuas nyob hauv Lub Nroog Flint. Cov menyuam yaus tuaj yeem raug cov tshuaj txhuas los ntawm cov tso xim qub, av, cov khoom siv av puab, cov khoom pleev ntsej muag thiab cov khoom ua si thiab qee yam tshuaj siv hauv tsev. Cov haujlwm uas cov neeg laus ua thiab cov haujlwm ua ua si xws li kho tsheb, iav, ua sawv kub koj thiab cov mos txwv tuaj yeem ua rau cov menyuam yaus muaj pheej hmoo tau cov tshuaj txhuas yog lo lawv cov ris tsho lossis ua si ntawm thaj chaw uas muaj cov tshuaj txhuas. Cov tshuaj txhuas yog ib yam txaus ntshai rau kev noj qab haus huv, tshwj xeeb mas rau cov menyuam yaus me uas raug cov tshuaj txhuas lom thaum lawv noj, haus lossis ua pa nqos tau cov tshuaj txhuas.

Puas yog kuv tus menyuam yuav tsum kuaj xyuas cov ntshav seb puas muaj tshuaj txhuas? Cov menyuam yaus uas nyob hauv Lub Nroog Flint, nyob hauv ib lub tsev uas siv cov dej ntawm Lub Nroog Flint, lossis cov uas mus kawm ntawv, cov nyob tom qhov chaw zov menyuam yaus lossis cov uas nquag nyob nrog ib tug kws zov menyuam hauv Lub Nroog Flint yuav tsum tau mus kuaj xyuas cov tshuaj txhuas lom.

Yuav tsum kuaj xyuas kom sai li sai tau.

Kuv yuav koj kuv tus menyuam mus kuaj xyuas cov ntshav seb puas muaj tshuaj txhuas rau qhov chaw twg?

Qhov chaw zoo tshaj plaws rau kev kuaj xyuas koj tus menyuam cov ntshav seb puas muaj tshuaj txhuas yog tom koj tus kws khomob chav lis haujlwm. Qhov kev kuaj xyuas no feem ntau yeej raug tiv thaiv los ntawm hom kev npaj saib xyuas kev noj qab haus huv. Koj tus kws khomob yuav soj qab xyuas koj qhov kuaj ntshav thiab qhia rau koj tias yuav ua li cas txuas mus ntxiv. Koj tuaj yeem koj koj tus menyuam mus kuaj ntshav dawb rau tom lub chaw Genesee County Health Department. Yog koj xav kom pab thauj mus los, hu thov kev pab rau 2-1-1.

Kev nkag siab txog koj tus menyuam qhov kuaj xyuas tshuaj txhuas.

Cov tshuaj txhuas muaj tsawg dua 5 txhais tau tias muaj tshuaj txhuas tsawg nyob rau hauv koj tus menyuam cov ntshav. Siv cov lus qhia hauv qab no pab tswj xyuas koj tus menyuam thiaj nyab xeeb. Tej zaum koj tus kws khomob yuav rov qab hais kom koj mus kuaj xyuas cov tshuaj txhuas hauv lub sijhawm 12 hlis tom ntej thiaj paub tseeb tias theem tshuaj txhuas tsis nce siab.

Cov tshuaj txhuas muaj li 5-44 txhais tau tias koj tus menyuam muaj qee yam tshuaj txhuas. Tham nrog koj tus kws khomob thiab lub tsev haujlwm saib xyuas kev noj qab haus huv hauv ib cheeb tsam txog cov lus qhia saib xyuas li cas koj thiaj tsis raug tshuaj txhuas ntau. Tej zaum koj tus kws khomob yuav rov qab hais kom koj mus kuaj xyuas cov tshuaj txhuas hauv lub sijhawm 12 hlis tom ntej thiaj paub tseeb tias theem tshuaj txhuas tsis nce siab.

Cov menyuam yaus uas muaj cov tshuaj txhuas ntau heev (**tshaj 44**) tej zaum yuav tsum mus khomob rau tom tsev khomob.

Kuv Yuav Tsum Ua Li Cas Thiaj Ua Rau Kuv Tsev Neeg Nyab Xeeb?

Yuav tsum ua raws li cov khauj ruam nram no thiaj yuav pab tiv thaiv koj thiab koj tus menyuam.

Kev tiv thaiv koj tsev neeg kom txhob tau cov tshuaj txhuas nyob hauv dej:

- Coj koj cov dej mus kuaj xyuas cov tshuaj txhuas. Kuaj dawb xwb. Hu rau (810) 787-6537 yog xav paub ntau ntxiv.
- Siv ib lub taub lim dej rau hauv koj lub tsev. Hu rau 2-1-1 yog xav tau dawb cov taub lim dej Raug Pom Zoo Los Ntawm NSF.
- Tsuas siv cov dej txias rau lub taub lim dej xwb.
- Yog koj tsis muaj taub lim dej, siv cov dej haus ntim hauv fwj thiab tso cov tshuaj lim dej xyaws.
- Siv cov dej lim lossis cov dej hauv fwj ua dej haus (suav nrog ua dej kas fes, xyaws dej haus, kua txiv hmab txiv ntoo, ua dej tod mis rau menyuam mos), thiab siv ua zaub mov (txawm tias koj khaub dej, cov tshuaj txhuas tseem nyob hauv cov dej thiab cov khoom noj).
- Koj tuaj yeem siv cov kais dej uas tsis yog dej lim ntxuav tes thiab ntxuav tais diav.
- Yog koj siv cov dej tsis tau lim uas dej haus lossis ua zaub mov, tso cov dej tawm cia ntev li tsib feeb ua ntej yuav siv cov dej no.

Kev tu kom huv thiab nyab xeeb:

Kev tu kom huv thiab nyab xeeb yog tseem ceeb. Saib xyuas koj lub tsev kom huv thiab nyab xeeb thiab tsis muaj cov tshuaj txhuas txaus ntshai thiab yuav pab tiv thaiv tau koj tsev neeg.

- Cov tsev tsim ua ntej xyoo 1978 tuaj yeem muaj cov tshuaj txhuas los ntawm cov tso xim. Siv daim ntawv ntub dej so cov xim puas thiab cov plua av ntawm cov qub tsev no. Saib xyuas cov qhov rais, cov chaw ua si thiab cov npoo tsev kom huv si.
- Nquag siv tshuaj ntxuav tais diav thiab dej ntxuav tes thiab cov khoom ua si.
- Koj tuaj yeem siv cov kais dej uas tsis yog dej lim so tej qho nyob siab, so cov npoo tsev, thiab ntxhua ris tsho.

Khoom noj zoo:

Qee yam khoom noj yuav pab tswj xyuas cov tshuaj txhuas kom tsis txhob mus nyob tau rau hauv tus menyuam yaus lub cev. Cov khoom noj no muaj ntau txog cov calcium, cov keeb hlau (iron) thiab vais tas mees C. Cov khoom no muaj xws li:

Cov Khoom Noj Muaj Calcium Ntau	Muaj Iron Ntau	Muaj Vais Tas Mees C Ntau
➤ Mis	➤ Taum	➤ Txiv Kab Ntxwv
➤ Tshij	➤ Nqaij ntsiv xws	➤ Kua txiv kab ntxwv
➤ Yogurt	li nqaij ntse	➤ Txiv hmab
➤ TaumPaj	thiab nqaij qaib	➤ Txiv lw suav
➤ Zaub Iab	➤ Tseem Nplej	➤ Kua txob ntsuab
	➤ Txiv laum huab	
	xeeb zom	

Siv cov dej lim ntxuav koj cov txiv hmab txiv ntoo nkaus xwb. Yog koj txhawj txog koj tus menyuam cov khoom noj, tham nrog koj tus kws khomob tej zaum nws yuav qhia txog ntau yam tshuaj vais tas mees (rau koj tus menyuam noj).

Nplooj 3 ntawm 3

WIC thiab SNAP muab kev pab rau cov niam txiv thiab cov menyuam yaus uas xav tau cov khoom noj tshiab thiab cov khoom noj zoo. Hu rau lub chaw **Genesee County WIC chav lis haujlwm rau ntawm tus xovtooj (810) 237-4537** yog xav paub ntau ntxiv. SNAP kuj muab qhov kev pab Double Bucks los yuav cov khoom noj zoo yam tsis tau them nqi ntxiv.

Kuv tuaj yeem tau cov ntaub ntawv hais txog cov tshuaj txhuas rau qhov chaw twg?

- Genesee County Health Department Lead Program
(810) 257-3833 www.gchd.us
- Michigan Department of Health and Human Services Childhood Lead Poisoning Prevention Program
(888) 322-4453 www.michigan.gov/lead
- United States Environmental Protection Agency www.epa.gov/lead
- U.S. Centers for Disease Control and Prevention (CDC) Web site
www.cdc.gov/nceh/lead

Cov lus qhuab qhia no yuav siv tau mus txog thaum lub tsev haujlwm Genesee County Health Department muaj kev txwv txog kev siv cov dej.

Sau npe,



Eden V. Wells, MD, MPH, FACPM Gary K. Johnson, MD, MPH

Kev Kuaj Mob Tus Thawj Coj Kev Kuaj Mob

Michigan Department of Health and Human Services Genesee County Health Department

