

Tha Xim Dua los yog Kho Koj Lub Tsev Uas Qub Zog Lawm?

Tiv Thaiv Koj Tsev Neeg ntawm Kev Lom Neeg los ntawm txhuas



Cov tsev uas tsim tau ua ntej xyoo 1978 tej zaum muaj txhuas nyob rau cov xim.

Tsis txhob muab cov xim kuam tawm los yog muab tshiaiv tawm ntawm koj lub tsev yog tias koj tsis paub tias yeej tsis muaj txhuas nyob rau hauv.

Kuam thiab tshiaiv cov xim qub tawm yuav tsim tau cov hmoov txhuas uas tsis zoo rau neeg

Cov hmoov txhuas yog ib yam tsis zoo rau cov menyuam yaus thiab yuav tsim tau kev lom neeg los ntawm txhuas. Txhuas yuav ua rau lub paj hlwb, hlab ntsha, thiab lub raum ntawm ib tug menyuam yaus piam sij tau. Kev lom neeg los ntawm txhuas yuav ua tau rau ib tug menyuam yaus kawm ntawv, tswm seeb, thiab mloog lus tau nyuaj.



Koj thiab koj tsev neeg yuav nqus tau los yog nqus tau cov hmoov txhuas thaum ua pa

Koj yuav nqus tau cov hmoov txhuas thaum ua pa lub sij hawm uas koj kuam los yog tshiaiv cov xim tsev. Lwm cov neeg nyob ze ntawd los yuav nqus tau cov hmoov txhuas ib yam thiab.

Cov hmoov txhuas nyob rau cov huab cua yuav poob tau los rau koj cov zaub mov noj thiab dej haus.

Cov hmoov txhuas yuav nkag tau mus rau koj tus menyuam lub cev thaum lawv muab cov khoom uas muaj hmoov txhuas lo los ntsaws rau lawv lub qhov ncauj, xws li lawv cov khoom ua si los yog ob txhais tes.

Muab koj cov xim tha tsev ntsuam xyuas saib puas muaj txhuas

Tib txoj kev uas yuav paub tias seb koj lub tsev puas muaj txhuas yog muab cov xim coj los ntsuam xyuas. Yog xav paub ntxiv txog kev ntsuam xyuas, mus rau www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/home_test.aspx.

Ua kom koj tsev neeg txhob ntsib kev mob nkeeg los ntawm txhua

Ntiav ib tug neeg Muaj Ntawv Ua Haujlwm Saib Xyuas txhuas hauv Xeev CA. Cov neeg ua haujlwm zoo li no yog ib co uas muaj kev kawm tawm los ntsuam xyuas saib puas muaj txhuas nyob hauv koj lub tsev thiab yuav muab tshem tawm tau yam tsis muaj teeb meem phem dabtsis. Yog xav nrhiav ib tug kws muaj ntawv ua haujlwm saib xyuas txhuas, mus rau www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/LRChire_lead_prof.aspx los yog hu rau **1-800-597-LEAD (5323)**.

Tab txawm yog tias cov kws muaj ntawv paub txog txhuas hauv lub Xeev CA thiab li nrhiav tau thiab muab cov txhuas tshem tawm tau ntawm koj lub tsev xwb los, tas nrho cov neeg kho tsev uas koj ntiav tuaj kho vaj tse yuav tsum tau txais cov kev cob qhia uas pom zoo los ntawm lub koomhaum U.S. Environmental Protection Agency los tswj cov txhuas kom tsis txhob mus poog rau lwm qhov chaw thaum lub sij hawm lawv ua haujlwm. Yog xav nrhiav ib tug neeg kho tsev uas tau txais qhov kev cob qhia zoo li no, mus rau http://cfpub.epa.gov/flpp/searchrrp_firm.htm los yog hu rau **1-800-424-LEAD (5323)**.

Yog tias koj tsis npaj yuav ntiav ib tug neeg kho tsev, ua raws li cov tswv yim pab nram qab no los pab koj tswj cov hmoov txhuas kom tsis txhob mus poog rau lwm qhov chaw thaum koj ua haujlwm:

Ua ntej koj ua haujlwm

- Muab txhua yam txav tawm li koj txav tau ntawm chav ua haujlwm, xws li cov ntaub pua tsev, cov ntaub qhov rais, tej rooj tog zaum, tej khoom ua si, tej ris tsho, tej khau rau, khoom noj, thiab dej haus.
- Muab ib daim ntaub yas tuab lo pua rau ntawm cov chaw haujlwm sab hauv thiab sab nraud tibi. Npog hauv pem teb, vov cov rooj tog loj, cov khoom chaw ua si, thiab tej npoo sab nraum zoov uas nyob ze, xws li nyom los yog xim maas pua av.



- Muab lub tshuab cua sov los yog lub tshuab cua txias tua.
- Muab ntaub yas los lo vov cov qhov cua ntawm npoo av, qab nthab, los yog phab ntsa.
- Tsim ib daim ntaub qhov rais uas yog siv daim ntaub yas los lo vov lub qhov rooj mus rau thaj chaw ua haujlwm.
- Hnav cov ris tsho ua haujlwm thiab muab tso kom tsis txhob xyaw nrog lwm cov ris tsho.

Thaum lub sij hawm koj ua haujlwm

- Txwv kom cov menyuam thiab cov pojniam xeeb tub txav deb ntawm thaj chaw ua haujlwm.
- Siv ib lub taub yas txuag dej los txuag cov pa dej rau tas nrho cov npoo ntawm chav ua haujlwm ua ntej pib ua haujlwm thiab thaum tabtom tshiaiv thiab kuam cov xim tsev.
- Tswj tsis txhob coj cov hmoov txhuas tawm ntawm thaj chaw ua haujlwm mus:
 - Tsis txhob hnav koj cov ris tsho thiab khau ua haujlwm es tawm ntawm thaj chaw ua haujlwm mus.
 - Muab cov ris tsho thiab khau ua haujlwm hle thiab ntxuav koj ob txhais tes ua ntej mus zaum rau cov rooj tog, ua si nrog menyuam, los yog kov cov khoom ua si los yog lwm yam khoom.
- Tsis txhob noj, haus los yog haus luam yeeb hauv thaj chaw ua haujlwm. Hle koj cov ris tsho thiab khau ua haujlwm, ntxuav koj ob txhais tes, thiab tawm ntawm thaj chaw ua haujlwm mus ua ntej yuav noj mov, haus dej, los yog haus luam yeeb.

Tom qab koj ua haujlwm tas

- Tu thaj chaw ua haujlwm txhua txhua hnuv.
 - Siv lub taub txuag dej los txuag pa dej rau cov xim nti. Maj mam muab daim ntaub yas tais quav rov rau sab hauv thiab muab tso rau ib lub hnab uas swb kaw tau ntom zoo. Yog tias koj cov xim tha muaj txhuas nyob rau hauv, coj

lub hnab mus rau lub chaw pov cov khoom vaj khoom tsev uas ntxim yuav tsim tau teeb meem mob nkeeg nyob hauv koj lub zej zos: <https://dtsc.ca.gov/universalwaste/household-hazardous-waste/>.

– Siv dej thiab cov tshuaj txhuav ub no los ntxuav cov tsee rau khoom, cov npoo rooj tog, cov npoo av, thiab lwm cov npoo.

- Muab cov ris tsho thiab khau ua haujlwm tshem tawm thiab muab cia rau ib lub hnab. Muab cov ris tsho ua haujlwm nyias ntxhua nyias tsis txhob xyaw koj tsev neeg lwm cov khaub ncaws.
- Da dej thiab zawv koj cov plaub hau sai li sai tau tom qab koj ua haujlwm tag.
- Tsis txhob cia cov menyuam los yog cov pojniam xeeb tub mus rau hauv thaj chaw ua haujlwm txog thaum koj muab tu kom huvsí tso.

Yog tias koj xav tias koj tus menyuam los yog lwm tus neeg hauv koj tsev neeg yeej tau nyob ze rau txhuas lawm, thov kom koj tug kws kho mob muab lawv kuaj saib puas muaj kev lom neeg los ntawm txhuas.

Yog xav paub ntxiv txog kev menyuam yaus raug kev lom neeg los ntawm txhua, mus rau www.cdph.ca.gov/programs/clppb los yog hu rau **1-510-620-5600**.



Repainting or Fixing Up Your Older Home?

Protect Your Family from Lead Poisoning



Homes built before 1978 may have lead in the paint.

Do not scrape or sand paint on your home unless you know it does not have lead in it.

Scraping and sanding old paint can create dangerous lead dust

Lead in dust is very harmful to young children and can cause lead poisoning. Lead can harm the brain, nerves, and kidneys of a young child. Lead poisoning can make it very hard for a young child to learn, pay attention, and behave.



You and your family can swallow or breathe in lead dust

You can breathe in lead dust while dry scraping or sanding. Others nearby can breathe it in too.

Lead dust in the air can fall down into your food and drinks.

Lead dust can get into your child's body when they put things in their mouth that have lead dust on them, like their toys or hands.

Have your paint tested for lead

The only way to know if your home has lead in the paint is to have it tested. For information about testing, go to www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/home_test.aspx.

Keep your family safe from lead

Hire a CA State Certified lead professional. These contractors are specially trained to test for lead in your home and safely remove it. To find a certified lead professional, go to www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/LRChire_lead_prof.aspx or call **1-800-597-LEAD (5323)**.

While only CA State Certified lead professionals can find and remove lead from your home, all contractors hired for home repairs must get U.S. Environmental Protection Agency approved training to keep lead from spreading while they work. To find a contractor with this basic training, go to http://cfpub.epa.gov/flpp/searchrrp_firm.htm or call **1-800-424-LEAD (5323)**.

If you do not plan to hire a contractor, follow these tips to help contain lead dust while you work:

Before you work

- Remove everything you can from the work area, like rugs, curtains, furniture, toys, clothes, shoes, food, and drinks.
- Tape down heavy plastic sheeting for both inside and outside jobs. Cover the floor, big furniture, play structures, and nearby outside surfaces, like grass or concrete.
- Turn off the heater or air conditioner.
- Tape plastic over vents in the floor, ceiling, or walls.



- Make a curtain by taping plastic sheeting over the doorway to the work area.
- Put on work clothes and keep them separate from all other clothes.

While you work

- Keep children and pregnant women away from the work area.
- Use a spray bottle to mist all surfaces with water before and during sanding and scraping.
- Avoid tracking lead dust away from the work area:
 - Do not leave the work area in your work clothes and shoes.
 - Take off work clothes and shoes and wash your hands before sitting on furniture, playing with children, or touching toys or other objects.
- Do not eat, drink or smoke in the work area. Take off work clothes and shoes, wash your hands, and leave the work area before eating, drinking, or smoking.



After you work

- Clean up the work area daily.
 - Use a spray bottle to mist paint chips. Carefully fold plastic sheeting inward and place in a tightly sealed bag. If your paint has lead in it, take the bag to your local household hazardous

waste program: <https://dtsc.ca.gov/universalwaste/household-hazardous-waste/>.

- Use water and an all-purpose cleaner to clean the shelves, counters, floors, and other surfaces.

- Remove work clothes and shoes and store them in a bag. Wash work clothes separately from the rest of your family's laundry.
- Shower and wash your hair as soon as you finish working.
- Do not let children or pregnant women into the work area until you have cleaned it up.

If you think that your child or other family member has been around lead, ask your doctor to test for lead poisoning.

For more information on childhood lead poisoning, go to www.cdph.ca.gov/programs/clppb or call **1-510-620-5600**.

