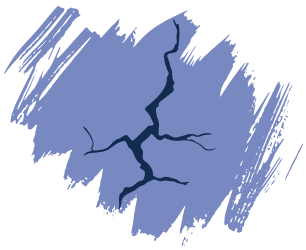
Ntau Qhov Chaw Uas Muaj Kuab Txhuas:

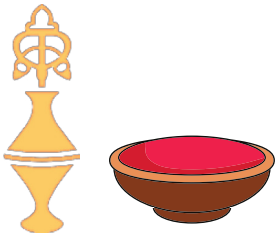
Puas muaj Kuab Txhuas Nyob Hauv los sis Nyob Ib Ncig Koj Lub Tsev?

Koj yeej tsis tuaj yeem ntsia pom tej kuab txhuas, tab sis tej zaum yuav muaj nyob rau ntau qhov chaw sab hauv thiab sab nrauv ntawm koj lub tsev. Kuab txhuas muaj kev phom sij thiab tuaj yeem tsim kev puas tsuaj tau, tshwj xeeb tshaj mas yog rau cov me nyuam yaus. Kev raug kuab lom txhuas yog tshwm sim thaum nqos los sis nqus tau cov kuab txhuas. Cov me nyuam feem ntau uas muaj cov kuab lom txhuas hauv lub cev yeej tsis zoo li los sis yeej tsis coj li neeg muaj mob.

Kuab txhuas yuav tuaj yeem pom muaj:



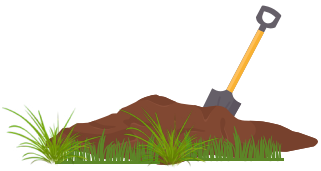
Nyob hauv cov xim pleev tsev qub uas nti laws



Nyob hauv cov tshuaj tha xoo txheej qub, xws li kohl, surma, los sis sindoor

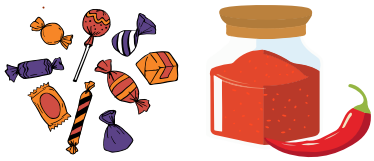
Nyob hauv cov plua plav hauv tsev

Nyob hauv cov tshuaj kho mob xws li azarcon, greta, los sis pay-loo-ah



Nyob hauv cov av do

Nyob hauv cov hau mos txwv los sis hau txhuas nuv ntses

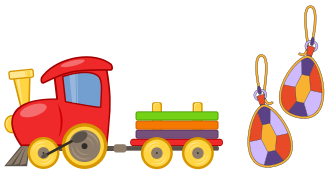


Nyob hauv qee cov khoom noj, khoom qab zib, thiab txuj lom uas nqus Teb Chaws Meskas sab nrauv tuaj

Nyob hauv qee hom twj tais diav

Nyob ntawm koj tej plaub hau, tawv nqaij, khau, thiab khaub ncaws yog tias koj ua hauj lwm nrog txhuas

Nyob hauv cov cua paug kuab lom ib ncig tshav dav hlau thiab tej chaw tsim khoom lag luam



Nyob hauv yam khoom ua si thiab saw

Cia koj tus me nyuam nyob kom nrug deb ntawm cov khoom no thiab thov kom nws tus kws kho mob pab kuaj cov kuab txhuas. Tib txoj hau kev uas yuav ua kom paub tias seb koj tus me nyuam puas raug cov kuab lom txhuas ces yog kev coj koj tus me nyuam mus kuaj ntshav saib cov kuab txhuas nkaus xwb. Cov me nyuam feem ntau yuav raug kuaj thaum muaj hnub nyoog 1 txog 2 xyoos thiab qee tus me nyuam uas muaj hnub nyoog tshaj 2 xyoos kuj yuav tsum tau kuaj tib si thiab.

CDPH
California Department of Public Health

go.cdph.ca.gov/LeadFreeKids

Cia rau lub chaw hauj lwm siv:
Tso cov ntaub ntawv tiv tauj rau ntawm no

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