

# Menyuam Yaus Kev Noj Qab Nyob Zoo (Healthy Kids) Cov ntaub ntawv ntawm Polycyclic Aromatic Hydrocarbons



Cov pa khes mis Polycyclic aromatic hydrocarbons (PAHs) yog ib hom khes mis es tsim tawm thiab ya tawm tau rau cov cua thaum cov khoom xws li taws, roj tsheb, thee, khib nyiab, thiab luam yeeb es muab hlawv. Lawv kuj tshwm sim tau rau hauv cov zaub mov es muab ci, muab qha, los yog muab kib.

Cov pa khes mis PAHs ya nrog cua ua tau rau khaus qhov muag thiab khaus txoj hlab pas, thiab ua rau ua tsis taus pa (asthma) thiab lwm yam teeb meeblauv rau qhov kev ua pa. Lawv kuj yog qhov phom sij tshwj xeeb yog rau koj cov menuam yuas vim lawm lub ntsws thiab lwm cov khoom nyob hauv nruab nrog tseem loj tsis tau txaus. Tej cov pa PAHs kuj tsim tau khees xaws.

Nrhiav pom cov tshuaj khes mis PAHs hauv tus menuam yaus cov zis mas yeej tsis yog ib qho tsis tau pom dua thiab nws tsis tau txhais tias yuav muaj kev cuam tshuam rau koj tus menuam qhov kev noj qab nyob zoo. Cov kws tshawb fawb (scientists) tseem kawm kom paub tias muaj siab rau theem twg thiaj li tsis puaj phais.

Cov pa khes mis PAHs tsim tau tawm los thaum tsim ib Yam twg es tsim tau nws nrog (byproducts), thaum hlawv tej yam khoom twg tag thiab ua zaub mov noj ib hom kev ua twg. Feem ntau tsis yog txhob txwm tsim kom muaj los yog siv. Ib qho PAH, naphthalene, yog siv lost sim thiab siv rau cov tshuaj txuag rau cov kab npauj (xws li tej lub tshuaj tuaj kab npauj).

Kom paub ntau dua thiab tau cov ntaub ntawv qhia ntaudua, thov mus saib hauv pe blub vas sab:



Healthy Kids MN

[health.mn.gov/  
HealthyKidsChemicals](http://health.mn.gov/HealthyKidsChemicals)

## Nrhiav Pom Khes Mis PAHs Tau Qhov Twg?

Tib neeg feem ntau chhv tau ntau hom pa PAHs, heev tshaj li qhov es chhv ib hom pa PAH nkaus xwb.

**Ntawm cov cua nraum zoo**

Suav nrog thaum muaj tsheb ntau ntau khlauv saum kev, thaum tab tom pua kev yas, thiab cov tsheb muaj lub cav, thiab cov cuab yeej siv roj tsheb

**Ntawm cov cua hauv tsev**

Suav nrog qhov tiv cav lub tsheb nres hauv nkas laj, hlawv xyab & tswm ciab, tsim muaj lub nqus pa tawm ntawm kom zoo ntawm hoob ua mov noj & lub qhov cub rauv taws hauv tsev, haus luam yeeb, & cov tshuaj txuag rau cov kab npauj

**Hauv cov zaub mov**

Suav nrog cov nqaij ci, nqaij kub nyiab thiab nqaij qha

# **Yuav ua cas thiaj txo tau qhov es kom chwv tau cov cov pa PAHs**



## **Cov pa cua nyob sab hauv tsev**

- Tsis txhab tiv cav tsheb hauv koj lub nkas laj es tauj nrog koj lub tsev.
- Txo qhov kev hlawv cov xyab thiab cov tswm ciab ze koj tus menuam. Yog tias koj siv sab hauv tsev, yuav tsum muaj lub nqus cua nrog lub tshuab cua los yog qhib cov qhov rais.
- Taws lub kiv cua tshuab nyob hauv chav ua zaub mov noj thiab/los yog qhib cov qhov rais.
- Nco ntsoov koj lub qhov cub rauv taws thiab lub qhov cub rauv taws hauv tsev muaj lub nqus cua kom zoo.
- Yog tias koj lub tsev muaj ib lub thawv tshuab cua tawm, hloov daim ntaub lim cua tas mus li.
- Yog tias koj haus luam yeeb, haus sab nraum koj lub tsev los yog sab nraum hauv lub tseb, thiab kom deb ntawm koj tus menuam. Kom tau kev pab dawb kom thum tau kev haus luam yeeb, hu rau 1-800-QUIT-NOW los yog saib hauv [www.quitpartnermn.com](http://www.quitpartnermn.com).
- Zam tsis txhab mus rau tej qhov chaw es tsam koj tus menuam nqus tau cov pa luam yeeb thaum sawv ze ntawm lawv. Nug koj cov neeg ntawd tsis txhab haus luam yeeb ze koj tus menuam.
- Tsis txhab siv cov tshuaj tua kab npauj, ua tej yam twg kom tiv thaiv kom txhab muaj kab npauj. Siv cov thawv thiab cov hnab es kom txhab dim pa ntim cov khaub ncaws thiab cov ntaub pua txaj. Tsis txhab muab cov khoom nov cia rau cov chaw es noo noo hauv tsev.



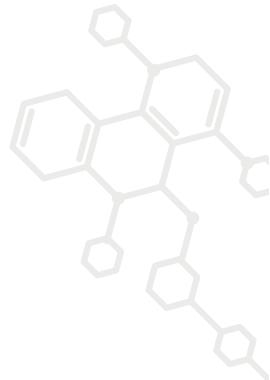
## **Cov pa cua nyob sab nraum zoov**

- Txo cov sij hawm kom koj tus menuam txhab nyob ze:
  - Cov chaw muaj tsheb khaiv ntawm los yog tsheb tiv cav es nres
  - Cov kev tsheb pua yas thiab cov chaw siv yas puas ru tsev
  - Cov cuab yeej muaj cav, cuab yeej siv roj xws li cav txiav nyom, cav txiav nroj, cav kaus daus
- Thaum tsav tsheb es muaj tsheb coob coob, qhib cov qhov rais thiab taws lub cua tshuab kom cov cua tshuab nkag tawm mus los hauv koj lub tsheb.
- Ua raws nraim li kev cob qhia kom paub thaum muaj cov cua tsis huv ntawm [www.airnow.gov](http://www.airnow.gov). Koj yeej nqus tau qhov app rau koj lub xov tooj ntawm tes. Thaum muaj kev ceeb toom qhia txog cov cua tsis huv, txo qhov sij hawm pub koj tus menuam mus nraum zoov thiab kaw cov qhov rais. Nov yog ib qho tseem ceeb yog tias koj tus menuam muaj teeb meem txog kev ua pa nyuaj (asthma).
- Yog tias koj muaj kev tsis txaus siab txog cov cua tsis huv los yog tej yam tsis huv ntawm ib puag ncig, koj yuav ua tau daim ntawv tawm tsam thiab xa mus rau Minnesota Pollution Control Agency: [www.pca.state.mn.us/air/have-complaint](http://www.pca.state.mn.us/air/have-complaint).



## **Zaub mov**

- Noj cov zaub mov muab ci, ci kub nyhiab, qha, thiab kib kom tsawg. Maj mam ncu (slow cook), hau, los yog ncu yog ib qho zoo.



## Kuaj cov tshuaj khes mis PAHs Hauv Koj Tus Menyuam Cov Zis

Cov pa PAHs hloov mus rau lwm qhov tshuaj khes mis thaum nkag mus rau hauv lub cev. Peb muab cov no hu ua “breakdown products.” Lub chaw Healthy Kids Minnesota kuaj cov khes mis siv ua khoom ntawm cov khes mis thaum nkag tau hauv lub cev ntawm hom khes mis PAHs nyob hauv koj tus menyuam cov zis. Cov pa PAH nkag tau mus nyob hauv lub cev mas muaj lub npe tshuaj khes mis ntev ntev yog li ntawd peb thiaj li siv cov tsiaj ntawv nyob hauv daim ntawv no thiab nyob rau daim ntawv qhia thaum kuaj koj tus menyuam tag.

Kuaj cov khes mis thaum nkag tau hauv lub cev ntawm hom khes mis PAHs	Qhov Khes Mis Lub Npe Tag Nrho	Cov pa PAHs xeeb txawm tshwm sim los ntawm
1-PYR	1-Hydroxypyrene	pyrene
1-NAP	1-Hydroxynaphthalene	naphthalene
2-NAP	2-Hydroxynaphthalene	naphthalene
2-FLUO	2-Hydroxyfluorene	fluorene
3-FLUO	3-Hydroxyfluorene	fluorene
3-PHEN	3-Hydroxyphenanthrene	phenanthrene

