

Cov Ntaub Ntawv Txog Ib Puag Ncig Cov Phenols Rau Cov Menyuum Noj Qab Haus Huv

Ib puag ncig cov phenols yog ib pawg tshuaj lom neeg uas muaj ntau yam kev siv sib txawv. Feem ntau pom cov no nyob rau hauv cov khoom peb yuav, cov khoom siv hauv tsev, thiab cov khoom ntim khoom noj thiab dej haus.

Muaj ntau ib puag ncig phenols uas xam tias yog “kev cuam tshuam cov pob” cov khes mis. Qhov no txhais tau tias cov no muaj feem cuam tshuam tsis zoo rau cov hormones hauv lub cev. Cov hormone hloov pauv tuaj yeem cuam tshuam kev loj hlob hauv cov me nyuam mos thiab me nyuam yaus.

Kev pom ib puag ncig cov phenols hauv cov zis ntawm tus me nyuam yog ib qho uas pom ntau thiab tsis tau txhais hais tias koj tus me nyuam txoj kev noj qab haus huv yuav raug cuam tshuam. Cov kws tshawb fawb tab tom kawm paub seb theem twg uas tej zaum yuav tsis nyab xeeb.

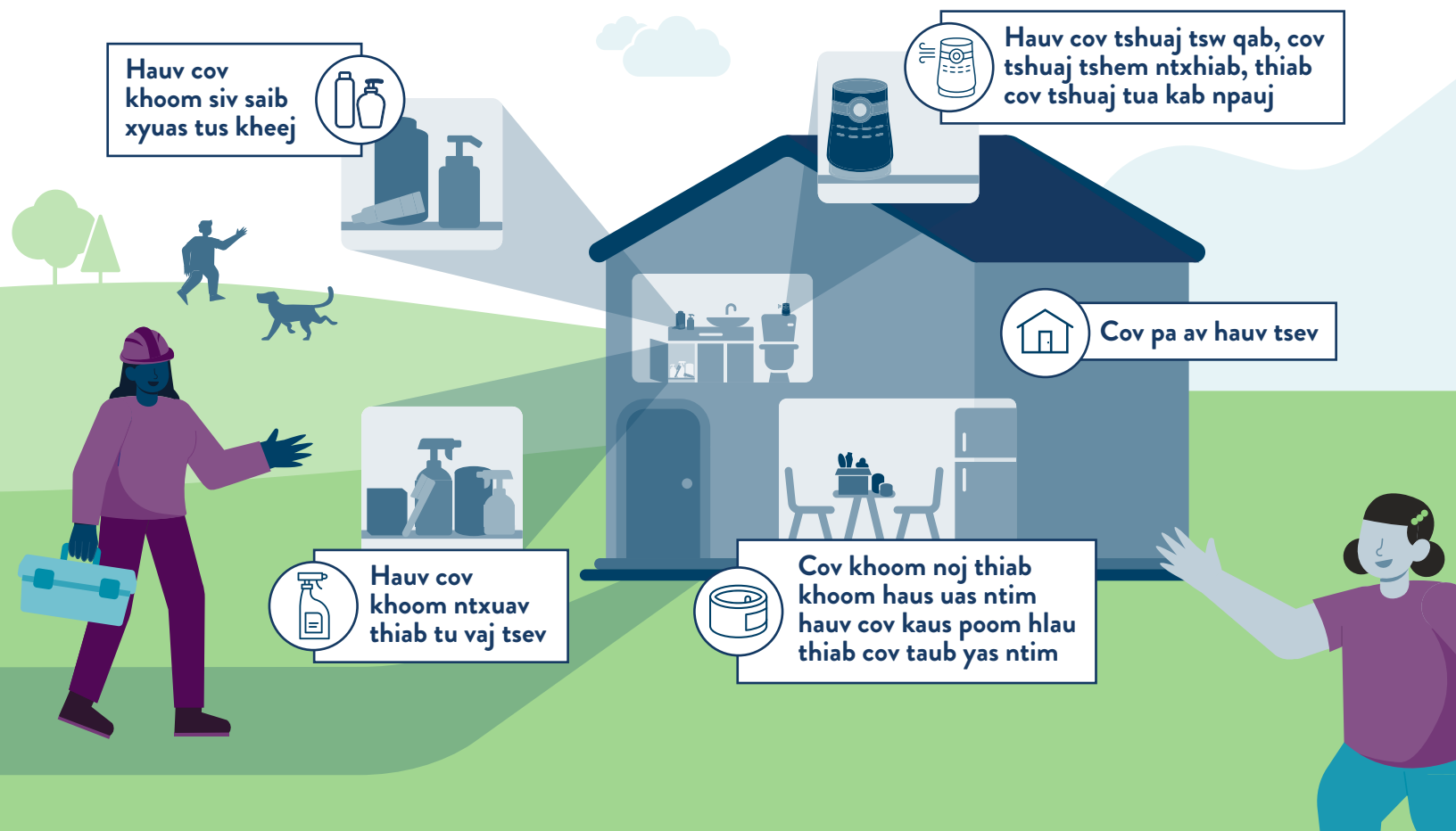
Kom paub ntau dua thiab tau cov ntaub ntawv qhia ntaudua, thov mus saib hauv pe blub vas sab:



Healthy Kids MN

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

Tuaj Yeem Nrhiav Pom Cov Phenols Nyob Rau Qhov Twg?



Tau Kuaj Cov Phenols Tested hauv koj Tus Me Nyuam Cov Zis

Healthy Kids Minnesota tau kuaj li kaum ob zaug ib puag ncig cov phenols hauv koj tus me nyuam cov zis.

Npe	Kev Siv Tseem Ceeb	Cov Hauv Kev Uas Feem Ntau Cov Me Nyuam Yaus Raug Kev Cuam Tshuam
Benzophenone-3 (also called oxybenzone)	- Qee cov tshuaj pleev tiv duab tshav ntuj - Cov khoos siv saib xyuas tus kheej (xws li tshuaj ntxuav ib ce, tshuaj pleev kom tawv nqaij noo) - Cov yas - Kev pleev xim, kev pleev xim roj	 Kev siv cov tshuaj pleev tiv duab tshav ntuj  Kev siv cov khoom tu saib xyuas tus kheej
Triclosan Triclocarban	- Siv ua kom cov kab mob bacteria, fungi, thiab mildew loj hlob qeeb hauv: - Cov khoom ua si, cov khoom ua kis las, cov khaub ncaws - Qee cov khoom siv tu tus kheej (xws li tshuaj txhuam hniav, xab npum, tshuaj pleev) - Cov khoom siv hauv tsev/rooj tog hauv tsev	 Siv cov khoom siv antibacterial thiab antimicrobial
Bisphenol A Bisphenol F Bisphenol S	- Siv ua ib txheej tiv thaiv hauv cov khoom noj thiab dej haus hlau thiab cov hau fwj - Qee cov ntawv lav nyiaj - Siv hauv cov yas rau: - Cov khoom siv hauv tsev (xws li cov ntim khoom noj yas, cov thawv cia khoom noj) - Cov taub dej uas koj los siv dua - Cov cuab yeej siv ua vaj tsev (xws li cov yas pua tsev, cov yas leem plas tsev) - Qee cov tshuaj kho hniav/ntsia hniav	 Cov khoom noj ntim kaus poom los sis cov khoom haus ntim kaus poom  Noj zaub mov thiab/los sis dej uas khaws cia los sis ua kom sov hauv lub microwaved hauv cov thawv yas ntim
Methyl paraben Ethyl paraben Propyl paraben Butyl paraben	- Siv ua cov kuab tiv thaiv tsis pub khoom noj lwj hauv: - Cov khoom siv tu tus kheej (xws li tshuaj pleev, tshuaj pleev thaiv duab tshav ntuj, tshuaj zawv plaub hau, tshuaj ntxuav tawv nqaij, ntaub so me nyuam yaus, tshuaj pleev ib ce) - Qee cov khoom siv hauv tsev (xws li cov tshuaj tshem tawm cov xim, cov tshuaj zawv plaub rau tsiaj) - Qee yam khoom noj thiab cov thawv ntim khoom noj - Qee cov tshuaj kho mob	 Kev siv cov khoom tu tus kheej  Kev noj cov khoom noj

Tau Kuaj Cov Phenols Tested hauv koj Tus Me Nyuam Cov Zis (*txuas ntxiv.*)

Npe	Kev Siv Tseem Ceeb	Cov Hauv Kev Uas Feem Ntau Cov Me Nyuam Yaus Raug Kev Cuam Tshuam
2-4-Dichlorophenol 2-5-Dichlorophenol	2,4-dichlorophenol tau siv los ua lwm yam tshuaj khes mis. Nws tseem yog cov khoom tawg ntawm triclosan thiab cov tshuaj tua kab 2,4-D. 2,5-dichlorophenol yog cov khoom tawg ntawm cov tshuaj siv rau hauv cov tshuaj tua kab npauj (cov pob kab npauj, cov siv txhuas ua, cov flakes, thiab cov tuav) thiab kuj siv rau hauv qee chav, thoob khib nyiab, thiab cov tshuaj tshem ntxhiab hauv chav dej. - Tsim los ntawm qee hom kev tsim khoom thiab los ntawm kev hlawv cov khib nyiab, thee, thiab ntoo. - Tej zaum yuav muaj me ntsis hauv cov dej haus uas tau ntxuav nrog cov chlorine.	 Siv cov tshuaj tua ntxhiab hauv chav, thoob khib nyiab, thiab chav dej thiab cov tshuaj tua kab npauj  Haus dej me ntsis los yog ua pa me ntsis hauv huab cua

Yuav Ua Li Cas Koj Thiaj Li Txo Tau Kev Raug Cov Tshuaj Phenols



Khoom Noj thiab Khoom Haus

Tau siv rau: **Bisphenol A** **Bisphenol F** **Bisphenol S**

- Yog tias ua tau, xaiv cov khoom noj tshiab los yog cov khoom noj khov es tsis txhob xaiv cov khoom noj hauv cov kaus poom.
- Xaiv cov khoom noj los yog dej haus uas nyob hauv cov thawv iav es tsis txhob siv cov kaus poom hlau. Tsis txhob dhaub khoom noj hauv lub kaus poom hlau.
- Khaws cov khoom seem rau hauv cov thawv iav los sis cov kaus poom hlau tsis xeb es tsis txhob siv yas.
- Siv lub tshuab ua kom sov cov khoom noj hauv cov tais diav ceramic los sis iav es tsis txhob siv cov thawv yas.



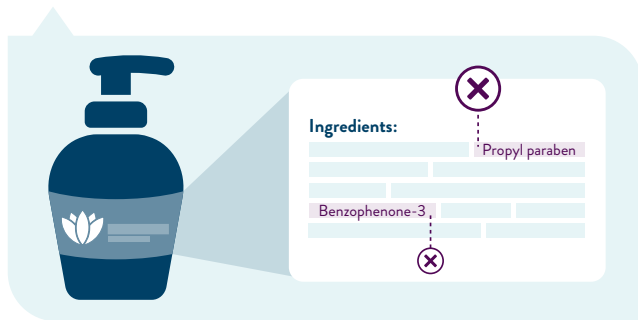
Yuav Ua Li Cas Koj Thiaj Li Txo Tau Kev Raug Cov Tshuaj Phenols (*txuas ntxiv.*)



Cov Khoom Siv Tu Tus Kheej

Tau siv rau: **Benzophenone-3** **Triclosan** **Triclocarban** **Methyl paraben** **Ethyl paraben** **Propyl paraben** **Butyl paraben**

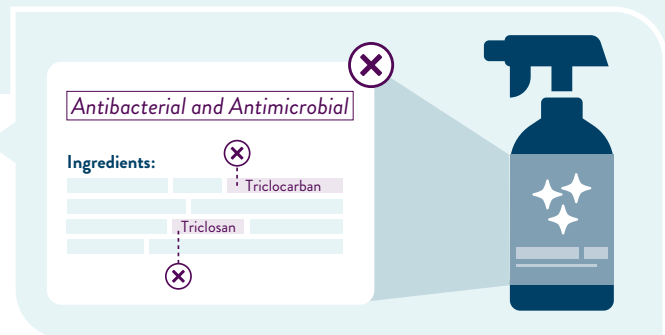
- Nyeem cov ntawv los ntawm cov khoom tu tus kheej. Xaiv cov uas tsis muaj parabens, benzophenone-3 (oxybenzone), triclosan, los sis triclocarban nyob rau hauv daim ntawv teev cov khoom xyaw.
- Xaiv cov tshuaj pleev thaiv hnuv uas muaj zinc oxide thiab/los sis titanium dioxide ua cov khoom xyaw nquag, uas lub cev (tsis yog tshuaj khes mis) thaiv lub hnuv.



Cov Khoom Ntxuav thiab Tu Vaj Tsev

Tau siv rau: **Triclosan** **Triclocarban** **2,4-Dichlorophenol**

- Nyeem cov ntawv lo ntawm cov khoom ntxuav. Xaiv cov uas tsis muaj triclosan los sis triclocarban nyob rau hauv daim ntawv teev cov khoom xyaw.
- Tsis txhob siv los yog txwv tsis pub siv cov khoom siv hauv tsev los sis khaub ncaws uas muag tias “antimicrobial” los sis “antibacterial”.



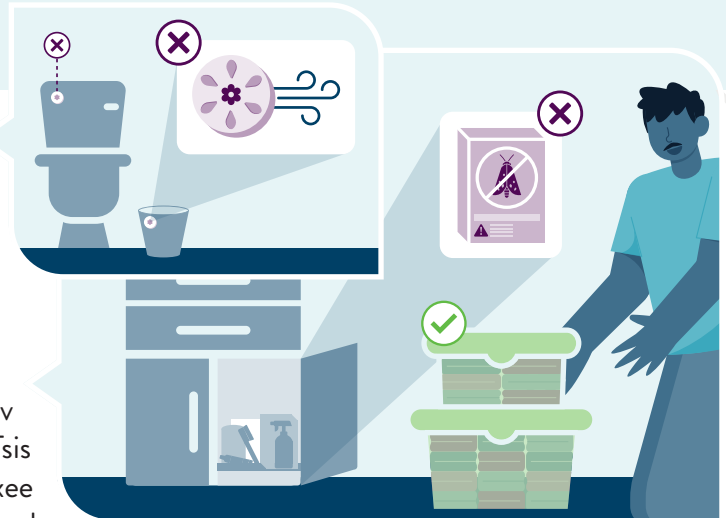
Yuav Ua Li Cas Koj Thiaj Li Txo Tau Kev Raug Cov Tshuaj Phenols (txuas ntxiv.)



Cov Tshuaj Tsw Qab, Cov Tshuaj Tshem Tsw Qab, thiab Cov Tshuaj Tua Kab Npauj

Tau siv rau: **2,5-Dichlorophenol**

- Tsis txhob siv los yog txwv tsis pub siv cov tshuaj tsw qab thiab thaiv cov tshuaj deodorant hauv cov thoob khib nyiab thiab chav dej.
- Hloov qhov kev siv cov tshuaj tua kab npauj, ua cov kauj ruam los tiv thaiv kab npauj. Siv cov thawv thiab cov hnab uas kaw ruaj rau cov khaub ncaws thiab cov ntaub pua chaw pw uas tsis tshua siv.
- Yog tias koj yuav tsum siv cov npauj, tsuas yog siv lawv hauv cov thawv uas muaj daim ntawv lo rau airtight. Tsis txhob siv lawv rau hauv qhov chaw qhib xws li chav, txee dai khaub ncaws, los sis lub qab nthab. Cov pa luam yeeb los ntawm cov npauj tuaj yeem nkag mus rau hauv huab cua thiab ua rau muaj kev puas tsuaj lwm yam.

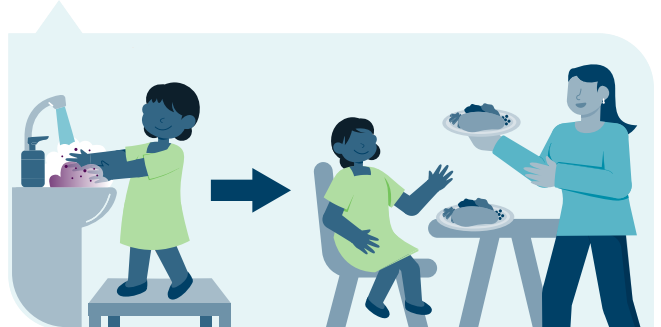


Pas Av Hauv Tsev

Tau siv rau: **Benzophenone-3** **Bisphenol A** **Bisphenol F** **Bisphenol S** **Triclosan** **Triclocarban** **Methyl paraben**
Ethyl paraben **Propyl paraben** **Butyl paraben** **2,4-Dichlorophenol** **2,5-Dichlorophenol**

Cov phenols ib puag ncig hauv cov khoom siv thiab cov ntaub ntawv tsim kho tuaj yeem maj mam tawm ntawm cov khoom thiab xaus rau hauv cov hmoov av hauv tsev:

- Ntxuav cov plag tsev thiab cov chaw hauv koj lub tsev kom tsis txhob muaj hmoov av sib sau ua ke.
- Kom koj tus me nyuam ntxuav lawv txhais tes ua ntej noj mov.



www.health.mn.gov
Xav tau cov ntaub ntawv no es yog
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Kom paub ntau dua thiab tau cov ntaub
ntawv qhia ntxiv, thov mus saib:
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