



# Cov Dej Hauv Qhov Dej thiab Koj Tus Menyuum Mos

## Yuav Kuaj Li Cas

Koj muaj lub luag hauj lwm saib xyuas cov dej hauv koj lub qhov dej kom nyab xeeb thiab kuaj ntsuas thaum tsim nyog. Minnesota Department of Health (MDH) pom zoo kom koj siv ib lub chaw kuaj uas raug tso cai (accredited laboratory) kuaj koj cov dej. Tiv toj rau ib lub chaw kuaj yog koj xav tau cov taub ntim dej mus kuaj thiab cov lus taw qhia, lossis nug mus rau cov chaw saib xyuas hav zoo hav tsuag los yog kev noj qab haus huv rau pej xeem ntawm koj lub county seb lawv puas muaj kev kuaj cov dej hauv qhov dej. Lub chaw kuaj dej tuaj yeem teb tau koj cov lus nug txog tias yuav muab dej mus kuaj li cas, raug nuj nqi li cas, thiab yuav siv sijhawm ho ntev koj mam tau txais cov ntaub ntawv qhia txog kev kuaj.

### Cov Chaw Raug Tso Cai Kuaj Dej Rau Cov Tswv Qhov Dej Hauv Minnesota (PDF)

([www.health.state.mn.us/communities/environment/water/docs/wells/waterquality/labmap.pdf](http://www.health.state.mn.us/communities/environment/water/docs/wells/waterquality/labmap.pdf))

## Yuav Muaj Dab Tsi Ntxiv?

Kawm ntxiv txog teeb meem dej tsis zoo thiab cov kauj ruam uas koj ua tau yog tias koj cov dej muaj kev paug tsis huv nyob rau theem tsis nyab xeeb.

### Kev Kuaj Qhov Dej, Cov Ntaub Ntawv Kuaj, thiab Cov Hauv Kev Xaiv

([www.health.state.mn.us/welltesting](http://www.health.state.mn.us/welltesting))

Kev paug tsis huv hauv cov dej feem ntau txo tau nrog kev lim cov dej siv hauv tsev.

### Ntsiab Lus Tseeb Ntawm Kev Lim Dej Siv Hauv Vaj Tse

([www.health.state.mn.us/communities/environment/water/factsheet/hometreatment.html](http://www.health.state.mn.us/communities/environment/water/factsheet/hometreatment.html))

## Peev Txheej

### Phau Ntawv Rau Cov Tswv Qhov Dej: Lus Taw Qhia Rau Cov Neeg Siv Qhov Dej Hauv Minnesota (PDF)

([www.health.state.mn.us/communities/environment/water/docs/wells/construction/handbook.pdf](http://www.health.state.mn.us/communities/environment/water/docs/wells/construction/handbook.pdf))

Luam lossis yuav daim ntawv no nyob rau ooslais (Mus saib ntu "Of Interest" ntawm qhov webpage no)

### Cov Dej Haus Nyab Xeeb rau Koj Tus Menyuum Mos

([www.health.state.mn.us/communities/environment/water/wells/waterquality/safebaby.html](http://www.health.state.mn.us/communities/environment/water/wells/waterquality/safebaby.html))



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Xav kom tau cov lus qhia no nyob rau hauv ib hom ntawv sib cuag: 651-201-4600.

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## Kuaj Koj Cov Dej Hauv Qhov Dej Ua Ntej thiab Thaum Tab Tom Xeeb Menyuum

Cov dej ntawm cov qhov dej hauv Minnesota feem ntau yeej siv tau nyab xeeb, tiam sis muaj qee cov dej hauv qhov dej muaj kev paug tsis huv ua tau rau menyuum mos muaj mob lossis muaj kev phoj sim rau kev loj hlob. Tsuas muaj tib txoj kev nkaus xwb thiaj paub tau tias koj cov dej puas nyab xeeb rau menyuum mos, yog los ntawm kev kuaj. Yus yeej ua txhua yam los tiv thaiv yus tus menyuum mos xws li xauv tej tub rau khoom thiab muab cov qhov fai fab npog. Kev kuaj cov dej hauv koj lub qhov dej kuj yog ib kauj ruam ntxiv yuav los pab koj tus menyuum muaj txoj hauv kev zoo!



Tseem ceeb heev tias yuav tsum kuaj cov dej uas koj haus lossis siv tov mis rau menyuum noj. Cov dej no yog los ntawm cov ciav dej ntawm koj lub tsev mov, ntawm qhov chaw tso dej ntawm lub tub yees, ntawm lub twj lim dej uas tus ciav nyob ze rau lub dab dej, lossis ntawm lub taub lim dej.

## Menyuum mos muaj kev phom sij ntau dua los ntawm tej yam paug tsis huv hauv dej

Menyuum mos haus dej ntau dua cov menyuum loj thiab cov neeg laus. Menyuum mos lub paj hlwb thiab lub nruab nrog cev raug kev puas tsuaj tau yooj yim dua, thiab lawv lub cev ntaus tej yam phom sij tawm tau tsis zoo. Muaj qee yam kuab paug kuj tseem los tau ntawm leej niam lub cev mus rau tus menyuum uas xeeb nyob rau hauv plab thiab.

Kuaj ntsuas	Kuaj Heev Npaum Li Cas	Kev cuam tshuam koj tus menyuum mos txoj kev noj qab haus huv	Yuav tsum saib dab tsi nyob hauv koj daim ntawv kuaj ntsuas
			mg/L (milligrams nyob rau ib liter) = ppm (ib feem nyob rau ib lab) µg/L (micrograms nyob rau ib liter) = ppb (ib feem nyob rau ib tsheet lab)ppb
<b>Coliform bacteria</b>	Txhua xyoo	Cov kab coliform bacteria qhia tau tias tej zaum muaj kab bacteria, vaislav (virus), lossis kab parasite nyob hauv koj cov dej. Cov no ua tau rau raws plab, ntuav, mob plab, xeev siab, dias taub hau, ua npaws thiab nkees qaug zog. Menyuum mos thiab menyuum yaus muaj feem siab dua yuav mob tau los ntawm cov kab mob no.	Nyob rau theem twg los yeej phom sij tau.
<b>Nitrate</b>	Txhua xyoo	Thaum muaj nitrate siab heev, yuav cuam tshuam tau rau cov ntshav qhov kev xa pa (oxygen), ua tau rau muaj ib tug mob hu ua mob menyuum mos xiav (blue baby syndrome) uas mob tau hnyav heev lossis txog txoj siav kiag kuj muaj. Cov menyuum mos hnuv nyoog yau dua rau hli muaj feem siab tshaj plaws yuav muaj tau tus mob menyuum mos xiav.	Theem siab tshaj 10 mg/L muaj kev phom sij.
<b>Kuab Txhuas (Lead)</b>	Yam tsawg yog ib zaug	Kuab txhuas (lead) tsim kev puas tsuaj tau rau lub paj hlwb, ob lub raum, thiab cov hlab paj hlwb (nervous system). Tsis tas li, kuab txhuas kuj tseem ua tau rau kev loj hlob qeeb lossis cuam tshuam kev kawm txawj ntse thiab kev hnov lus rau menyuum yaus thiab. Menyuum mos, cov menyuum yau dua rau xyoo, thiab cov poj niam uas tab tom xeeb tub muaj feem siab tshaj plaws yuav raug mob tau los ntawm kuab txhuas.	Nyob rau theem twg los yeej phom sij tau.
<b>Manganese</b>	Yam tsawg yog ib zaug	Thaum muaj manganese siab heev, yuav cuam tshuam tau rau kev cim xeeb, kev xav, thiab kev siv tes taw. Nws kuj cuam tshuam tau rau menyuum mos thiab menyuum yaus li kev kawm txawj ntse thiab tus cwj pwm kev coj.	Theem siab tshaj 100 µg/L muaj kev phom sij.
<b>Arsenic</b>	Yam tsawg yog ib zaug	Thaum muaj arsenic siab heev, yuav ua tau rau menyuum yaus li kev txawj ntse poob qis thiab muaj feem siab mob cancer rau lub zais zis, ob lub ntsws thiab daim siab. Arsenic kuj ua rau muaj ntshav qab zib, mob plawv, thiab muaj mob ntawm txheej tawv tau thiab.	Nyob rau theem twg los yeej phom sij tau. Yog nyob rau theem siab tshaj 10 µg/L, MDH pom zoo kom lim cov dej lossis mus nrhiav dej siv rau lwm qhov chaw.
<b>Fluoride</b>	Yam tsawg yog ib zaug	Yog muaj fluoride haum ces pab tiv thaiv tau kom kaus hniav tsis txhob lwj. Tiam sis yog muaj fluoride ntau dhau ces ua rau txheej enamel ntawm cov kaus hniav hloov tau thiab.	Theem uas pom zoo yog 0.7 mg/L thiaj li tiv thaiv tau kaus hniav. Koj tus menyuum tus kws kho mob saib xyuas tau tias nws puas tau txais rau theem uas haum.