



TSIS TXHOB HAUS DEJ NTAWM KAIS

**Tsuas Siv Tau Taub Dej Yuav Tom Khw Haus Xwb Kom Txog
Thaum Rov Tso Cai Siv**

Yog tsis ua raws li cov lus qhia no yuav ua rau koj muaj mob.

Kuaj Tau Tshuaj Nitrate Siab Li: _____ mg/L

Kuaj tau tshuaj nitrate hauv koj lub qhov dej dhau 10 mg/L tshaj them ua yog dej haus huv.



- **Cov pojniam uas cev xeeb tub yog cov muaj feem yuav muaj teeb meem** thiab yuav tsum tsis txhob haus cov dej uas muaj tshuaj nitrate ntau. Haus dej muaj tshuaj nitrate muaj peev xwm ua rau muaj teeb meem loj hauv kev xeeb tub.
- **Tsis txhob muab dej ntawm kais rau me nyuam mos liab.** Dej tov mis thiab me nyuam mos cov khoom noj yuav tsum npaj nrog poom dej yuav los xwb los siv lwm yam dej muaj tshuaj nitrate tsawg. Cov me nyuam mos liab muaj feem yuav raug mob los yog tuag taus los ntawm kev noj haus cov tshuaj nitrate.
- **Txhob muab cov dej ntawm kais los rhaub ua noj.** Yog koj rhaub dej yuav ua rau kom cov tshuaj nitrate muaj ceem ntxiv tuaj.

Tsab ntawv ceeb toom no tau muab los ntawm:

Tus lej cim khoom ntiag tug (APN)

Lub Lav (County)

Peb tog (Coalition)

Tswvcuab ID (Member ID)

Lub npe ntawm tus tswvcuab lossis tus tswv

Tus xov tooj

Kos npe lub npe ntawm tus tswv cuab lossis tus tswv

Hnub tim

- Tsis muaj leejtwg haus lossis ua noj nrog dej ntawm lub qhov dej nov.
- Twb ceeb toom rau cov neeg siv cov dej no lossis cov tswv av lawm.
- Cov neeg siv cov dej nov twb tau dej hloov lawm.

Thov sau npe rau daim ntawv ceeb toom no thiab xa mus rau Central Valley Water Board:

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11020 Sun Center Dr., #200
Rancho Cordova, CA 95670

(916) 464-4611

Email: irrlands@waterboards.ca.gov

Fresno Chaw Ua Haujlwm:

1685 "E" Street
Fresno, CA 93706

(559) 488-4396

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Ntaub Ntawv Qhia Txog Tshuaj Nitrate

Cov tshuaj nitrate yog dab tsi?

Tshuaj nitrate ib txwm tshwm sim nyob rau hauv dej saum npoo av thiab dej nyob hauv av rau theem uas tsis ua rau muaj mob yog tau haus. Tabsis, yog thaum muaj tshuaj nitrate nyob hauv dej ua siab tshaj theem ua yog dej haus huv lawm, yuav phom sij rau neeg haus, tshwj xeeb tshaj yog rau menyuam mos thiab poj niam cev xeeb tub. Tshuaj nitrate los paug dej hauv av feem ntau yog tshwm sim los ntawm cov taub tuav dej khib nyiab thiab quav, teb tu tsiaj, thiab siv tshuaj chiv.

Haus dej muaj nitrate ua kev txhawj xeeb dab tsi rau kev noj qab haus huv?

Tshuaj nitrate cuam tshuam nrog lub cev cov ntshav liab qhov peev xwm nqa pa oxygen mus rau cov nqaij tissue hauv lub cev, ua rau muaj mob hu ua methemoglobinemia. Qhov no yog kev txhawj xeeb tshaj plaws rau cov me nyuam mos; kev tshawb fawb qhia tau hais tias cov menyuam mosliab uas haus cov dej muaj tshuaj nitrate ntau ntau muaj mob hu ua "blue baby syndrome." Cov me nyuam muaj mob li no ua tsis taus pa thiab daim tawv nqaij yuav hloov ua xim xiav. Tus me nyuam qhov mob yuav tshwm sim sai heev thiab yuav ua mob zuj zus rau tus me nyuam mus rau ob peb hnuv. Yog zoo li tus mob tshwm sim, mus nrhiav kws kho mob tam sim ntawd. Raug tshuaj nitrate siab kuj tseem tuaj yeem cuam tshuam thiab txo cov ntshav ua nqa pa oxygen hauv cov poj niam ua cev xeeb tub thiab ua rau lub cev muaj teeb meem.

Tib neeg yuav ua cas thiaj txo tau cov tshuaj nitrate hauv dej haus?

Siv cov dej haus yuav tom khw kom txog thaum muaj cav lim dej.

Yuav tshem tshuaj nitrate hauv dej ntawm kais los yeej tau. Cov lim dej niaj hnuv siv hauv tsev zoo li Brita tshem tsis tau tshuaj nitrate, yuav tsum siv lwm lub cav loj thiaj yuav tshem tau tshuaj nitrate. Thov sab laj nrog [State Water Board daim ntawv qhia tias hom cav twg thiaj lim tau dej zoo](http://www.waterboards.ca.gov/drinking_water/certlic/device/Documents/wtd2017/76Registered%20Models%20for%20Nitrate%20listing%20081117_WITH%20LINKS%20TO%20PDS.pdf).
<www.waterboards.ca.gov/drinking_water/certlic/device/Documents/wtd2017/76Registered%20Models%20for%20Nitrate%20listing%20081117_WITH%20LINKS%20TO%20PDS.pdf>

Rhaub dej tshem tsis tau tshuaj nitrate, rhaub dej ua rau tshuaj nitrate muaj ceem tuaj.

Tsis txhob siv dej ua muaj tshuaj nitrate siab tshaj 10mg/L tov mis rau me nyuam mosliab.

Puas siv tau dej muaj tshuaj nitrate los ntxuav menyuam mos thiab menyuam yaus?

Tau. Siv dej muaj tshuaj nitrate los da dej thiab ntxuav ib ce los tau. Kev txhawj xeeb nrog tshuaj nitrate tsuas yog kev noj thiab haus xwb. Tshuaj nitrate nkag tsis tau mus hauv koj lub cev los ntawm koj cov tawv nqaij. Cov neeg uas nruab cav lim dej kom tshem tshuaj nitrate feem ntau tshuav nruab rau hauv chav ua noj xwb, vim tias lawv siv tus kais dej no los haus thiab ua noj.

Puas siv tau dej muaj tshuaj nitrate los ntxuav cov txiv hmab txiv ntoo thiab zaub?

Feem ntau, yeej siv tau cov dej muaj nitrate los ntxuav txiv hmab txiv ntoo thiab zaub los tau. Cov dej siv ntxuav zaub tsawg tsawg xwb, thiab yog hais tias txiv hmab txiv ntoo qhuav tom qab ntxuav tas lawm, yuav tsis muaj kev phom sij. Cov dej muaj tshuaj nitrate yuav tsum tsis txhob siv rau kev ua noj.

Yog xav paub ntawv

Mus saib hauv Central Valley Water Board lub [Drinking Water Well vev xaij](http://www.waterboards.ca.gov/centralvalley/water_issues/irrigated_lands/drinking_water/).
<www.waterboards.ca.gov/centralvalley/water_issues/irrigated_lands/drinking_water/>

Lossis, yog xav paub ntawv txog nitrate hauv qhov dej siv rau dej haus, mus saib hauv lub vev xaij txog [Cov ntaub ntawv txog dej hauv av muaj Nitrate](http://www.waterboards.ca.gov/gama/docs/coc_nitrate.pdf).
<www.waterboards.ca.gov/gama/docs/coc_nitrate.pdf>