

**NUJNQIS NTAWM
KEV TSWJ
CHAV TSEV XAUV
NYOB KOM TSIS MUAJ MOB**

UA KOM KAV NYOB NTEV--

Kuaj xyuas tej yam uas yuav ua rau muaj mob yuav qhia rau tus tswv tsev thiab tus xauv tsev paub ua ntej txog tej yam uas yuav puas tsis ntev tomntej xws li lub cua sov thiab cua txias thiab tej ntsa txheem lub tsev.

TXO NQI KHO--

Hloov lossis kho qhov puas thaum tseem me me yuav pab txuag tau nyiaj. Thaum dej paim me me kho tau yoojyim thiab kho tau sai, tiamsis yog tsi kuaj xyuas – yuav ua rau tuaj pwm, muaj mob thiab nqi yuav ntau.

UA KOM MUAJ KEV NOJ QAB NYOB ZOO--

Tej yam muaj nyob hauv vaj hauv tsev yuav ua rau muaj tau kabmob ua tsis taug pa thiab tej yam uas phiv. Tus neeg xauv tsev uas muaj mob yuav mus ua tsis tau haujlwm thiab yuav them tsis tau nqi xauv tsev txhua hli.

TXO TEEBMEEM KOM MUAJ TSAWG—

Xub npaj thiab kho tej uas yuav ua rau muaj mob muaj nkees yuav pab tau kom tsis raug plaub ntus thiab tsis poob nyiaj thiab txhaum kev cai vajtse.

UA RAU LUB TSEV MUAJ NQI THIAB NEEG NYIAM—

Lub tsev zoo thiab huvsu yuav ua rau muaj neeg xauv tsev xav nyob coob.

**YOG XAV PAUB
NTAU TSHAJ NTXIV:**

- Centers for Disease Control and Prevention:
<http://www.cdc.gov/asthma/default.htm>
- Environmental Protection Agency:
<http://www.epa.gov/iaq/asthma.html>
- National Center for Healthy Living:
<http://www.centerforhealthyhousing.org/>
- Wisconsin Department of Health Services:
<http://dhs.wisconsin.gov/eh/Asthma/index.htm>
- Children's Health Alliance of Wisconsin:
<http://www.chawisconsin.org/asthma.htm>

References

Asthma Regional Council. Property Maintenance for a Healthy Home, 2006.

Department of Health Services. Burden of Asthma in Wisconsin, 2007.

Environmental Health Watch website
www.ehw.org/Asthma/ASTH_Indoor_Control_Triggers.htm
Accessed, October 2007.

National Center for Healthy Homes. Essentials for Healthy Homes Practitioners Course, 2007.

United States Department of Housing and Urban Development. Help Your self to a Healthy Home, 2006.

Wisconsin Department of Agriculture, Trade and Consumer Protection website
<http://datcp.state.wi.us/cp/consumerinfo/cp/top-complaints/tenants.jsp>
Accessed, October 2007.

Developed by the
Wisconsin Department of Health Services
Division of Public Health
Bureau of Environmental and Occupational Health
P-45108H (11/08)

**KEV TSWJ KABMOB
NTSWS UA TSIS TAUG PA
(ASTHMA)
NYOB HAUV TSEV:**

**DAIM NTAUV QHIA RAU
COV TSWV TSEV THIAB
COV NEEG XAUJ TSEV**



WISCONSIN
ASTHMA
COALITION
★Children's Health
Alliance of Wisconsin

**IB NRAIS MUAG XYUAS KABMOB
NTSWS UA TSIS TAUG PA**

**KABMOB NTSWS UA TSIS TAUG PA YOG
DABTSIS?**

Yog ib yam kabmob ntsws uas ua rau muaj teebmeem ua pa:

- Cov qhov ua pa nkag mus los nqaim
- Cov nqaj puab ncig cov qhov ua pa ntsuj tuaj
- Muaj cov nusqais daj

Tej yam mob uas nthws los ntawm tus kabmob no:

- Hawb pob
- Txog siav lossis ua pa tsis txaus
- Hauv siab ceev ceev
- Noos

Kabmob ntsws ua tsis taug pa kho tsis tau, tiamsis yuav tswj tau los ntawm kev noj tshuaj thiab ceefvaj tej yam uas ua rau ua tsis taug pa.

**TEJ YAM YUAV UA RAU UA TSIS TAUG PA YOG
DABTSIS?**

- Moov pa plaus plav
- Tuaj pwm
- Tsiav yug
- Kab laum
- Pa luamyeeb
- Huabcua paug

KEV SOJNTSUAM NYOB WISCONSIN:

- Muaj li 13% ntawm cov menyuum thiab cov laus muaj kabmob ua tsis taug pa.
- Tagrho cov neeg tuaj cuag tsev khomob vim ua tsis taug pa xyoo 2000 muaj 41 tus neeg ntawm txhua txhia 1000 tus neeg.
- Cov neeg tuaj pw tsev khomob xyoo 2005 muaj 10 tus neeg ntawm txhua txhia 10,000 tus neeg.
- Cov neeg coob coob no yuav muaj tsawg tus yog tswj tau kev nyob hauv vaj hauv tsev kom huvsu thiab tswj tau tej ntshiab tsw uas ua rau ua tsis taug pas nyob hauv tsev.

**YUAV UA CAS TSWJ KABMOB NTSWS
UA TSIS TAUG PA TEJ YAM UAS UA RAU
UA TSIS TAUG PA..... NYOB HAUV TSEV**

**TSIS XOB NYOB ZE TEJ PA PAUG
VIM LI CAS?....** *Tej pa paug xws li xim tsev, pa tshuaj tsuag tsw qab, tshuaj tu tsev, tshuaj tsuag plaub hau – tej no yog pa paug ua rau ua tsis taug pa*

- Kaw lub thauv/pooj kom tsuaj cia.
- Muab tej yam uas tsis siv lawm tsho tawm hauv tsev mus.
- Xob muab cia ze ntawm tej qhov cuaj ntsawj pa.

**TU TSEV KOM HUVSI
VIM LI CAS?..** *Moov pa plaus plav ua rau ua tsis taug pa*

- Tsis xob cia khoom puv tsev txhua qhov chaw.
- Ntxhua daim kaspev ib xyoo ob zaug thiab nquag nqus tsev.
- Yog tau, tsis xob pua kaspev, pua ntoo xwb.
- Muab phuam/pam ntub dej so tej plaus plav.
- Pw cov txaj pw thiab hnab tos rau ncoo uas siv yas lossis ntaub lisloo ua.
- Siv dej kub ntxhua tej pam puas txaj txhua asthiv.

**TU TSEV KOM QHUA
VIM LI CAS?..** *Tej pa tuaj pwm ua rau ua tsis taug pa*

- Kuaj xyuas ntshig seb puas muaj dej noo los dej ntub qhov tws nyob hauv qab qhov rais, qhov rooj, tubyees rau nqais, qhov cub, thiab puag ncig lub chaw tso quaj, dab da dej thiab tus tso dej das.
- Kho kom tsis muaj dej nrog lossis txia qhov tws.

**TU TSEV KOM TSIS MUAJ KAB LAUM
VIM LI CAS?.....** *Kab laum thiab tej khoom lwj ua rau ua tsis taug pa*

- Cia tej khoomnoj rau tej chaw uas kaw tau tsis dim pa.
- Tu tamsim thaum ua khoom txej/poob hauv tsev.
- Nqa hnab kibnyiab mus pov tseg ntshuj ntshis.
- Ntxuav tais diav tomqab noj mov tag.
- Tsis xob cia zuab mov los dej nyob ib mo.
- Leem/txhaw tej qhov lossis kab tawg pleb kom nqawm.
- Yog siv tshuaj tua kablaum, siv (Integrated Pest Management approaches) tej kev tuaj tshuaj uas tsis tsw phem uas yuav ua mob.

**TU TSEV TSIS PUB MUAJ PA LUAMYEEB VIM
VIM LI CAS?.....** *Pa luamyeeb ua rau ua tsis taug pa*

Chav tsev uas neeg nyob tsis muaj pa luamyeeb yuav ua:

- Rau cov neeg xauv tsev nyob tsis tshua muaj mob, tshwjxeeb yog cov uas muaj kabmob ua tsis taug pa.
- Ceev tau kom tsev tsis kub nyiab.
- Txo tus nqi uas yuav tau tu tej ntaub thaiv qhov rais, kaspev thiab zas xim tshiab.

**TU TSEV KOM MUAJ CUA TAWM NKAG MUS LOS
VIM LI CAS?.....** *Tej pa paug xws li pa tuaj pwm thiab pa luamyeeb ua rau ua tsis taug pa thiab feem ntau yog muaj nyob hauv tsev*

- Kuaj xyuas lub cua txias thiab lub cua sov kom ua haujlwm zoo.
- Hloov cov ntxaj uas lim cua ntawm lub cua txias thiab lub cua sov txhua txhia rau lub hli.
- Xyuas kom txhua lub qhov rais qhib tau mus los yoojyim.
- Kuaj xyuas kom tus kivcua ntsawj pas tawm hauv chav da dej thiab chav ua noj kiv tawm sab ntsaum zoov.
- Cia tus kivcua ntsawj pa hauv chav dej thiab chav ua noj kiv li 20 nasthis tomqab da dej lossis ua zaub mov thiab ntxuav tais diav tas.

TEJ KEV CAI & FEEM DEJNUM

Tswv tsev feem dejnum:

- Kho tsev kom raws li txoj cai hauv zos thiab kom lub tsev nyob thiab ib ncig tsis muaj teebmeem.
- Tus lub tsev thiab ib ncig uas yog feem ntawm tus tswv tsev ua tus tu.

Tus xauv tsev feem dejnum:

- Kho ntshig tej yam me me uas puas hauv tsev.
- Tu tsev thiab ib ncig tog vaj tog tsev huvsu lawv li txoj cai ntawm nomtswv txoj caiv hauv zos.