

# Fluoride hauv Lub Qhov Dej Khawb Ntiag Tug

(Fluoride in Private Well Water)

## Fluoride yog cov kuab txiaj ntsig zoo uas pom tau nyob hauv hav zoov hav tsuag hauv cov pob zeb, cov av, thiab dej.

Fluoride yog siv los pab tiv thaiv kab noj hniav thiab txhawb nqa kev txhim kho ntawm cov hniav kom muaj zog. Txawm li cas los xij, qhov ntau tsawg ntawm fluoride nyob rau theem nruab nrab tuaj yeem hloov cov hniav ntawm cov me nyuam yaus uas tseem me tau thiab qhov ntau ntsawg ntawm fluoride theem siab tuaj yeem ua rau cov pob txha tawg thiab nkig tau.

## Kev sim fluoride yam tsawg kawg ib zaug.



Thaum kuaj, koj yuav tsum siv [Wisconsin chav kuaj uas tau txais kev tso cai](#).\*

## Nqis tes ua kiag yog tias theem fluoride qis dhau los sis siab dhau.

Yog tias theem fluoride qis dua 0.7 milligrams toj ib liv (mg/L):



Tshawb xyuas nrog koj tus me nyuam tus kws kho hniav los sis tus kws muab kev pab cuam saib xyuas kev noj qab haus huv txog kev ntxiv fluoride.\*

Yog tias theem fluoride nyob nruab nrab ntawm 0.7 thiab 2 mg/L:



Tsis tas yuav nqis tes ua ntxiv lawm.

Yog tias theem fluoride nyob nruab nrab ntawm 2 thiab 4 mg/L:



**Cov me nyuam yaus hnub nyoog qis dua 8 xyoos** yuav tsum siv lwm qhov dej rau kev haus dej. Kuj tseem siv cov dej kom sib txawv txhawm rau los ua cov khoom noj uas siv dej ntau (xws li mov, mov oat, thiab jello) thiab cov mis hmoov rau me nyuam yaus.

Cov kev xaiv rau cov lwm cov dej muaj xws li:



Dej hauv kaus poom



Dej los ntawm qhov dej tsis muaj teeb meem



Dej los ntawm pej xeeb cov chaw muab dej siv



Dej kuj tseem tuaj yeem siv rau kev da dej thiab txhuam hniav.

Yog tias theem fluoride siab dua 4 mg/L:



**Txhua tus** yuav tsum siv cov dej sib txawv coj los haus thiab ua cov zaub mov noj uas siv dej ntau.



Dej kuj tseem tuaj yeem siv rau kev da dej thiab txhuam hniav.



Nrhiav ib txoj kev daws mus ncu ntev. Cov kev daws teeb meem mus ncu sij hawm ntev suav nrog kev teeb tsa cov cuab yeej kho mob uas tau lees paub thiab kev khawb lub qhov dej tshiab.\*

\* = Cov ntaub ntawv ntxiv muaj nyob rau hauv *Phau Ntawv Qhia Txog Kev Pab Cuam* (nplooj tom ntej).





## ★ Phau Ntawv Qhia Txog Kev Pab Cuam ★



Cov tsev neeg uas muaj poj niam cev xeeb tub thiab cov me nyuam yaus tej zaum tsim nyog tau txais kev **kuaj qhov dej ntiag tug pub dawb** los ntawm lub tuam tsev hauj lwm saib xyuas kev noj qab haus huv hauv zos. Koj tuaj yeem nrhiav cov ntaub ntawv tiv tauj rau koj lub chaw saib xyuas kev noj qab haus huv tau ntawm [www.dhs.wisconsin.gov/lh-depts/counties/index.htm](http://www.dhs.wisconsin.gov/lh-depts/counties/index.htm).



Thaum ua kev kuaj, koj yuav tsum tau siv **lub chav tshawb fawb** uas tau txais kev tso cai los ntawm Wisconsin Department of Natural Resources (Lub Tuam Tsev Hauj Lwm ntsig txog Cov Peev Txheej Ntuj Tsim) (DNR). Koj tuaj yeem nrhiav cov npe teev ntawm cov chav kuaj mob uas tau txais kev tso cai ntawm [dnr.wisconsin.gov/topic/labCert/certified-lab-lists](http://dnr.wisconsin.gov/topic/labCert/certified-lab-lists).



DNR muab **nyiaj pab** los pab daws cov dej qias neeg hauv cov qhov dej ntiag tug. Kawm paub txog kev tsim nyog thiab cov nyiaj yuav tau them rau ntawm [dnr.wisconsin.gov/aid/WellCompensation.html](http://dnr.wisconsin.gov/aid/WellCompensation.html).



Peb *Cov Cuab Yeej Siv Kho Dej rau Cov Khoom Ua Paug Hauv Cov Qhov Dej Ntiag Tug* cov ntawv tseeb muaj cov ntaub ntawv hais txog kev lees paub **cov cuab yeej kho mob** rau cov tshuaj fluoride: [www.dhs.wisconsin.gov/publications/p03494.pdf](http://www.dhs.wisconsin.gov/publications/p03494.pdf).



Center for Disease Control and Prevention (Lub Chaw Tswj Hwm thiab Tiv Thaiv Kab Mob) (CDC) muaj **cov ntaub ntawv feem dav** txog fluoride ntawm [www.cdc.gov/fluoridation/faqs/about-fluoride](http://www.cdc.gov/fluoridation/faqs/about-fluoride).



### **Koj yuav tsum tau kuaj cov arsenic, tej npev taws lias, thiab nitrate yam tsis tu ncu.**

Koj tuaj yeem nrhiav cov ntaub ntawv ntawm cov no thiab lwm yam cuab yeej siv los txiav txim siab kuaj rau ntawm [www.dhs.wisconsin.gov/water/private.htm](http://www.dhs.wisconsin.gov/water/private.htm).

Koj tuaj yeem nrhiav tag nrho cov ntaub ntawv no thiab ntau ntiv ntawm [www.dhs.wisconsin.gov/water/fluoride.htm](http://www.dhs.wisconsin.gov/water/fluoride.htm).

**Puas muaj lus nug? Puas muaj kev txhawj xeeb?**

Tiv tauj rau peb tau ntawm

[DHSEnvHealth@wi.gov](mailto:DHSEnvHealth@wi.gov)

los sis 608-266-1120.