

PFAS thiab Koj

Cov lus qhia txo kev raug
tshuaj lom los ntawm “cov
tshuaj tsis txawj yaj”



PFAS yog dab tsi?

Per- and polyfluoroalkyl substances (PFAS) yog ib pawg tshuaj uas tib neeg tsim muaj ntau txhiab hom. Cov tshuaj no tsis txawj yaj raws caij nyoog, yog li lawv nyob tau ntev heev hauv ib puag ncig. Vim li ntawd, lawv thiaj raug hu ua "cov tshuaj tsis txawj yaj." Cov pa phem thiab dej paug uas muaj PFAS tuaj yeem tsim kev phom sij rau tib neeg txoj kev noj qab haus huv, ib puag ncig, thiab peb txoj kev lag luam.

Txawm me me xwb los, nws kuj muaj kev phom sij tau.



Qee hom PFAS yuav xyaw tau hauv tib neeg lub cev ua ntu zus.



Txhua hom PFAS tshem nyuaj kawg thiab tej zaum kuj tsis txawj yaj mus li.



Muaj ntau hom PFAS uas kev tshawb fawb pom tias muaj feem cuam tshuam nrog kev pheej hmoo siab dua rau mob qog nqaij hlav, mob siab, kev ua hauj lwm ntawm lub cev tiv thaiv kab mob tsis zoo, thiab lwm yam teeb meem kev noj qab haus huv.

Kev tshawb fawb pom tias PFAS muaj nyob hauv cov ntshav ntawm yuav luag txhua tus neeg Asmeskas. Cov kev tshawb fawb tshiab kuj qhia tias PFAS kis tau ntawm leej niam mus rau tus me nyuam thaum cev xeeb tub. Vim li ntawd, yuav luag txhua tus me nyuam yug los twb muaj cov tshuaj no hauv lawv lub cev lawm. Qhov uas tib neeg raug PFAS thoob plaws hauv peb cov zej zog niaj hnuv no yog vim ntau caum xyoo dhau los muaj kev tsim, siv, thiab pov tseg cov khoom uas muaj PFAS, ua rau cov tshuaj no nkg mus rau ib puag ncig ua ntu zus lawm.

Koj ua tau dab tsi

Yuav cov khoom uas tsis muaj PFAS thaum muaj muag

Ua tsaug rau cov tuam txhab tsim khoom thiab Minnesota txoj cai tiv thaiv PFAS hu ua Amara's Law, tam sim no kev nrhiav cov khoom tshiab uas tsis muaj PFAS hauv Minnesota yooj yim dua qub. Txij xyoo 2025 los, ntau hom khoom tshiab uas muag hauv Minnesota raug tsim yam tsis muaj PFAS. Qee hom khoom tseem yuav siv PFAS mus txog xyoo 2032. Thaum ntawd, Minnesota yuav txiav tsis pub siv PFAS rau txhua yam khoom tshiab uas tsis yog siv rau tej yam tseem ceeb. Yog tias koj txhawj xeeb txog cov



tshuaj tsis txawj yaj (PFAS) thaum koj mus yuav khoom,
xav nug lub tuam txhab tsim khoom seb lawv cov khoom
puas muaj ib hom PFAS. PFCs, PFOA, thiab PFOS yog qee
hom PFAS. Yog li ntawd, txawm ib yam khoom hais tias
tsis muaj PFCs, PFOA, los sis PFOS los, nws tseem muaj
peev xwm muaj lwm hom PFAS nyob rau hauv thiab.

Thaum lub xyoo 2026 yuav los xaus no, txhua tus neeg yuav tuaj yeem mus saib tau cov ntaub ntawv uas cov
tuam txhab qhia txog kev siv PFAS hauv cov khoom muag hauv Minnesota nyob rau ntawm MPCA lub vas
sab. Raws li Minnesota txoj cai, koj tsis tas yuav hloov cov khoom muaj cov tshuaj ntawd uas koj twb yuav ua
ntej lawm.

Muab tej kua tshuaj thiab tshuaj pleev ciav caij daus coj mus pov rau qhov chaw khaws khoom pov tseg phom sij

Kev muab tej kua tshuaj thiab tshuaj pleev ciav caij daus uas tej zaum muaj PFAS pov tseg kom raug yuav pab tiv thaiv tib neeg txoj kev noj qab haus huv thiab ib puag ncig. Feem ntau, cov chaw khaws khoom pov tseg phom sij ntawm txhua lub county txais cov tshuaj tu tsev, tshuaj pleev ciav caij daus uas muaj fluorine, tshuaj thaj xim tsev, thiab tshuaj kho kav dej. Tsis txhob muab cov tej kua tshuaj ntawd nchuav rau hauv qhov viv, lub dab ntxuav tes, lub dab ntxuav tais diav, los sis ib lub dab twg hauv tsev.

Tiv tauj koj lub county qhov chaw khaws khoom pov tseg phom sij los sis lub chaw tswj khoom pov tseg kom paub lawv cov sij hawm qhib thiab hom khoom uas lawv kam txais.



Kawm paub txog koj qhov chaw tso dej haus

Cov chaw txuas dej haus rau pej xeeb, uas hu ua dej hauv nroog (municipal water), raug kuaj txog PFAS tas li. Thaum tsim nyog, Minnesota Department of Health (MDH), Minnesota Pollution Control Agency (MPCA), thiab cov nom tswv hauv zos sib koom tes los kho cov dej haus ntawd kom muaj kev nyab xeeb rau sawv daws.

MDH los sis MPCA yuav tiv tauj cov tswv uas muaj lawv ib lub qhov dej ntiag tug yog lawv paub tias tej zaum PFAS muaj kev cuam tshuam rau lawv cov dej haus. Qee tus tswv ntawm cov qhov dej kuj xaiv kuaj lawv cov dej los ntawm lawv tus kheej, tab txawm tias ob lub chaw no tsis tau pom zoo rau kom lawv kuaj.



Cov ntaub ntawv pab rau cov tswv qhov dej ntiag tug muaj nyob ntawm:

Per- and Polyfluoroalkyl Substances (PFAS) thiab Cov Qhov Dej Ntiag Tug

<https://www.health.state.mn.us/communities/environment/water/wells/waterquality/pfas.html>

Kawm paub ntxiv

Mus saib MDH thiab MPCA cov vas sab kom kawm paub ntxiv txog PFAS, xws li seb lawv pom muaj nyob qhov twg, lawv txav mus li cas rau ib puag ncig, lawv cuam tshuam li cas rau tib neeg txoj kev noj qab haus huv, seb yuav txo kev raug cov tshuaj tsis txawj yaj li cas, thiab vim li cas Minnesota thiaj tab tom nqis tes tiv thaiv kom PFAS tsis txhob paug mus kis rau ib puag ncig.



MPCA: PFAS nyob Minnesota

www.pca.state.mn.us/pfas-in-minnesota



MDH: Per- and Polyfluoroalkyl Substances (PFAS)

<https://www.health.state.mn.us/pfas>

Tiv Tauj

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