

Let's Beat the Bug!

Ntawv txog kab uas tom neeg saum txaj

- Cov kab no me npaum li lu noob txiv ev paum. Lawv kheej li vojvoog qe, muaj tawv xim liab-daj, thiab pluav heev.
- Cov kab no nyiam haus neeg cov ntshav. Txawm lawv tsis noj mov los lawv nyob kav txog ib xyoo. Cov kab no nyiam tuaj thaum yav tsaus ntuj xwb.
- Thaum cov kab no tom yus, tej tus neeg yuav tsis hnov mob thiab tsis muaj mob. Tabsis tej tus neeg muaj ib lub pob liab lossis tej zaum yus cov nqaij khaus khaus. Thaum yus mag tom, tej zaum ob peb teev lossis ob peb hnuv yuav dhau ua ntej yus cov tawv nqaij muaj mob.
- Yog koj xav tias koj muaj cov kab no nyob hauv koj lus tsev, soj ntsuam nrhiav cov kab no, lawv cov ntshav, cov qe, thiab lawv cov plhaub zeej.
 - Nrhiav cov chaw zaum thiab pw.
 - Nrhiav hauv yus lus txaj.
 - Nrhiav ntawm cov qhov hauv av (hauv plag tsev) thiab txhua chaw uas muaj qhov me.

Nco ntsoov hais tias cov kab uas tom neeg saum txaj me me, pluav, thiab ceev heev.

Yog koj xav kawm ntxiv txog cov kab no hus rau tus xovtooj 612-624-2200 lossis 1-855-644-2200, los mus rau peb daim vamsab hus ua bedbugs@umn.edu, www.bedbugs.umn.edu

Lub nqus tsev pab ntes cov kab tom neeg saum txaj

Lub nqus tsev yog ib txoj kev yuav pab tua cov kab no kom tsawg zuj zus. Thaum yus nqus tsev, nws yuav nqus kom kab kom tas tiamsis nws yuav pab koj txhom tau cov kab. Thaum yus siv lus nqus tsev, yus yuav tsum ceefvaj yus tsis txhob muab lawv kis rau lww qhov chaw.



- Thaum yus siv lub nqus tsev, nco ntsoov nqus kom muaj zog tsahj plaws. Sib cov cuabyeej nyob ntawd lus nqus tsev los nqus cov kab. Cov kab txawj tuav ntaub ruaj heev li ntawv yus yuav tsum nqus cov chaws no kom zoo zoo thiab siv lub nqus tsev uas muaj zog.
 - Thaum yus nqus yus cov ntaub, tsis txhob sib zog nqus vim tias yog koj nqus sib zog dhau lawm, tej zaum cov kab thiab lawv cov qe yuav ya mus rau lww qhov chaw.
 - Thaum koj nqus tsev tag lawm, muab ntaub nplaum los lo lus hnab nyob hauv lus nqus tsev. Ntxiv mus, muab lus hnab nqus tsev cia rau hauv ib lub hnab yas thiab muab ntaub nplaum lo ua ntej koj muab pov tseg. Yog hais tias lus nqu tsev tsis muaj ib lus hnab nyob rau hauv ces koj yuav tsum muab lus nqus tsev ntxuav nrog dej kub thiab xub-npum kom huv. Yog muaj tej yam koj ntxuav tsis tau ces muab pov tseg los yog ua rau nws khov. TSIS TXHOB muab tej yam es muaj hluav taws xob sib xaws nrog dej. Yog koj yuav nqus lwm cov chaw, yuavtsum muab ntaub nplaum lo lus nqus tsev kom cov kab kom twb nqus tas lawm khiav tawm tsis tau. Thaum twg koj nqus tag lawm, muab txhua yam khoom koj siv nqus tsev pov tseg.
 - Yog koj xav hais tias qhov chaw ntawd muaj cov kab no, kavtsij nqus ntau zaus. Nco ntsoov txog cov chaws thaum ub koj nrhiav muaj cov kab es koj thiaj rov qab mus nqus kom tau ntxiv. Cov kab uas tom neeg saum txaj cov qe txawj nplaum rau tej phab ntsa los rau hauv av ces yuav ua nyuaj heev thaum kom nqus cov qe. Cov kab uas laus zog hnov zoo tej qhov chaws uas twb muaj cov kab no nyob ntau ntau lawm. Rov qab mus soj ntsuam thiab nqus tej chaws no, li no cov kab thiaj tsawg zuj zus.
 - Siv lwm cov tswyvim los tua cov kab no yus thiaj tsis tau nqus tsev ntau zaus: ntxhua khaub ncaws, sib hws lo tua cov kab, lo yog muab koj yus tej khoom ua kom khov.
 - Tu koj lus tsev kom kom txhob muaj khoom ntau ntau vim tias yog koj muab khoom ntau ntau ces cov kab no yuav muaj chaws nyob ntau ntau thiab.
 - Muab tej khoom uas twb huv cia rau hauv hnab li ntawv cov kab no thiaj nkaum hauv cov khoom tsis tau.

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