

Cuab Yeej Pab Kev Mob Raws Plab Ntaub Ntawv rau Cov Neeg Saib Xyuas Menyuum



TU KOM HUV!

Kev tu kom huv txhais tias yuav tsum siv xabnpus thiab dej ntxuav tej av thiab plua plav thiab siv tshuaj tua kab mob xws li bleach so thiab ntxuav tej khoom siv.



CAIS TAWM!

Cov menyuum thiab neeg ua hauj lwm uas muaj mob kis tau mob rau lwm tus. Saib kom meej tias cov menyuum thiab neeg hauj lwm uas mob yuav tsum nyob tsev, thiab yog tej menyuum thiab neeg hauj lwm mob thaum lawv nyob ntawm koj qhov kev saib xyuas, ces xa lawv mus tsev.

CEEB TOOM QHIA!

Peb pab tau koj! Ceeb toom qhia rau peb yog tias:

1. Koj pom muaj cov menyuum uas ntuav lossis raws plab ntau heev tuaj
2. Muaj ib tug meyuam uas koj siab xyuas muaj cov mob xws li:

- *Shigella*
- *E. coli*
- *Giardia*
- *Cryptosporidium*
- *Salmonella*



NTXUAV KOJ OB TXHAIS TES!

Kev ntxuav tes yog yam zoo tshaj plaws los mus cheem kev sib kis kab mob. Saib ntsoov nyob rau ib hnub, kom cov menyuum thiab neeg ua hauj lwm nquag ntxuav lawv ob txhais tes nrog dej thiab xabnpus.



Tsis muaj ib tug kab mob hu hais tias “Stomach Flu”

Kev mob “Stomach Flu” los tau ntawm ob peb yam kab mob, thiab qee yam mob ntawd mob tau hnyav heev! Yog muaj cov menyuum lossis cov neeg ua hauj lwm ntuav los yog raws plab ntau heev ces yuav tsum tau kub siab rau. Cov kab mob no sib kis tau los ntawm kev kov chwv quav, tsis yog kis los ntawm huab cua. Li no txhais tias “yog muaj ib tug mob sib kis mus los”, ces yog tib neeg kis tau los ntawm kev kov chwv raug tej quav lossis tej ntuav ntawm lawv lub qhov ncauj!



Nyob zoo ntawm Minnesota Lub Tuam Tsev Saib Xyuas Kev Noj Qab Haus Huv Cov Chav Saib Xyuas Kab Mob Zaub Mob, Dej Siv thiab Tsiyaj Txhu!

PEB YOG LEEJ TWG

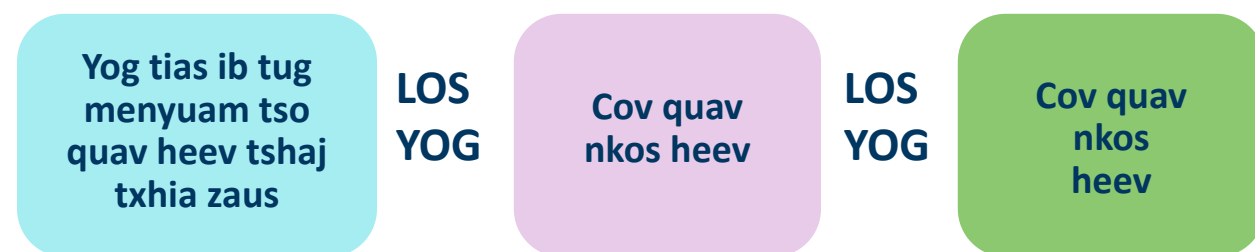
Peb ua hauj lwm rau Minnesota Lub Tuam Tsev Saib Xyuas Kev Noj Qab Haus Huv nyob rau Chav Tiv Thaiv thiab Tswj Xyuas Kab Mob Sib Kis. Peb tsis yog chav muab ntawv tso cai (license) lossis kuaj xyuas cov chaw zov menyuam kom ua raws cai, tiam sis peb kuj ua hauj lwm ua ke kom koj tau txais cov ntaub ntawv tseeb thiab tshaj plaws los mus tsim tsa cov chaw zov menyuam kom nyob nyab xeeb thiab huv si rau cov menyuam uas koj saib xyuas.

YAM PEB UA

Peb tshawb xyuas thaum muaj kev mob ib phaum kab mob sib kis uas yog los ntawm zaub mov, dej siv, thiab tsiyaj txhu (koom rau tib neeg thiab!) kom paub lub hauv paus los mus tiv thaiv kom txhob sib kis dav. Ntau hom kab mob uas peb tshawb xyuas ua rau tib neeg raws plab thiab ntuav tau. Peb pab koj cheem kev sib kis kab mob hauv koj luv chaw zov menyuam, muab lus taw qhia txog cov kev ntxuav tu tej chaw, thiab muab cov cuab yeej pab cov neeg hauv koj txoj kev saib xyuas kom nyob nyab xeeb thiab noj qab haus huv.

Peb siv cov ntaub ntawv peb khaws los ntawm cov neeg uas raug ib phaum mob los mus soj qab taug lw cov kab mob thoob plaws lub xeev thiab lub teb chaws. Cov ntaub ntawv no pab peb cheem kev muaj mob ua ib phaum rau yam nram ntej.

KEV RAWs PLAB YOG DAB TSI?



Ntau yam ua tau rau raws plab. Vim paub nyuaj heev tias tim dab tsi thiaj ua rau raws plab, ces cov menyuam uas mob raws plab yuav tsum nyob tsev txhob mus rau tom chaw zov menyuam/tsev kawm ntawv yam tsawg yog 24 teev tom qab nws qhov mob raws plab zoo.

DAB TSI UA RAU TEJ MENYUAM THIAB COV NEEG UA HAUJ LWM MUAJ MOB TAU?

Muaj ntau yam kab mob ua rau tib neeg mob ntuav thiaj raws plab tau, koom nrog rau cov kab virus, bacteria thiab parasite. Kev raws plab thiab ntuav nquag sib kis tau; ib tug neeg uas ntuav lossis raws plab (los yog nyuam qhuav zoo los) tuaj yeem kis mob tau rau lwm lus.

COV KAB MOB UA RAU RAWs PLAB SIB KIS TAU LI CAS?

Muaj kab mob nyob hauv cov quav thiab cov ntuav ntawm cov tib neeg uas muaj mob. Yog cov kab mob (nyob hauv cov quav uas ntsia tsis pom) nkag tau mus rau ib tug neeg lub qhov ncauj, nws ua rau lawv muaj mob tau thiab. Qhov no hu tias "kis mob quav ntawm lub qhov ncauj". Cov kab mob no lo tau rau tej yam khoom xws li tej tes, khoom ua si, lossis lwm yam khoom uas tib neeg kov raug. Cov kab mob uas ua rau raws plab thiab ntuav kuj sib kis tau los ntawm tej dej xws li cov pas dej da thiab cov rooj teev dej. Txhua tus tsiyaj, koom rau cov tsiyaj uas tsis muaj mob dab thiab, tuaj yeem muaj kab mob nyob tau hauv lawv cov quav ua rau tib neeg muaj mob tau.



Tib neeg muaj kab mob nyob rau lawv cov quav thiab cov ntuav tau (nquag hu tias "kev zeeg") tab txawm lawv twb xis neej lawm los xij. Tseeb ceeb yuav tsum ceev faj thiab ua raws cov lus taw qhia nyob rau daim nplooj ntawv tom ntej no (ntxuav tes nrog xabnpus thiab dej) tab txawm tus menyuam lossis tus neeg ua hauj lwm twb tau rov mus rau tom lub chaw zos menyuam lawm los xij.

YAM TSOS MOB TWG TSM NYOG CEEV FAJ?

Kev kis mob los ntawm cov kab mob xws li *Salmonella*, *Campylobacter*, thiab *E. coli* nquag muaj thaum lub caij ntuj sov. Cov mob no sib kis tau yooj yim heev ntawm tib neeg, ntawm tej tsiyaj txhu, lossis los ntawm kev noj zaub mov uas muaj kab mob. Lwm hom kab mob bacteria tsis muaj caij nyoog, xws li mob *Shigella*. Kev kis cov kab mob uas muaj bacteria ua rau raws plab, kub taub hau, haw quav txuam ntshav, thiab qee zaus ntuav thiab. Cov tsos mob no feem ntau kav ntev li ib lim tiam.

Cov kab parasite nquag ua rau muaj phaum mob thaum lub caij ntuj sov yuav tas thiab thaum caij nplooj ntoo pib zeeg. Nws sib kis tau yooj yim ntawm tib neeg, hauv tej dej xws li pas dej da, pas dej nraum zoov, cov rooj txawb ua si rau menyuam thiab tej tsiyaj txhu. Feem ntau ua rau tso quav nkos kav ntev tshaj ib lim tiam, thiab siv sijhawm li ob peb lim tiam tom qab tau kis mam li muaj mob tshwm. Cov kab parasite uas ua rau raws plab yog muaj xws li *Cryptosporidium* thiab *Giardia*.

Cov kab virus (xws li norovirus thiab rotavirus) nquag ua rau muaj phaum mob thaum caij ntuj no thiab caij nplooj ntoo hlav. Cov kab mob no feem ntau ua rau ntuav thiab raws plab li 1-2 hnuv thiab sib kis tau yooj yim heev ntawm tib neeg, tshwj xeeb yog thaum ib tug neeg ntuav rau tej chaw nraum zoov ua muaj pej xeeb coob.

Zoo heev tias tib neeg feem coob yeej zoo mob tau los ntawm kev ntuav/raws plab. Tiam sis, qee zaus menyuam yaus los yog cov neeg ua hauj lwm kuj mob tau hnyav heev thiab (qee hom kab mob, muaj txog 25% tib neeg tau mus pw tsev kho mob) thiab nyob rau tsawg tsawg zaus kuj muaj kev tas sim neeg thiab. Vim li ntawd thiaj li tseem ceeb heev tias yuav tsum ua raws cov lus taw qhia cais tib neeg thiab thiv thaiv kab mob.

Pab Kom Sawv Daws Noj Qab Haus Huv – 1

Kev yuav tiv thaiv kom tsis txhob kis mob, txhua hnuv yuav tsum ua raws cov lus taw qhia no cov menyuam yaus thiab cov neeg ua hauj lwm thiaj noj qab huas huv.

KEV NTXUAV TES

Kev ntxuav tes yog ib txoj kev zoo tshaj plaws los mus tiv thaiv cov kab mob raws plab. Tsim nyog ntxuav tes yam tsawg yog 20 vibnasthis (seconds) nrog xabnpus thiab dej sov. Yuav tsum ntxuav tes txhua zaus tom qab hloov menyuam pawm lossis siv chav dej tag, ua ntej yuav npaj ua los yog noj zaub mov, thiab tom qab thaum kov chwv tej tsiaj txhu. Tshuaj cawv cuaj caum pleev tes tua tsis tau cov kab mob novovirus thiab cov kab parasite *Cryptosporidium*. Yog cov menyuam me tsis txawj ntxuav tes ces koj yuav tsum pab lawv thiab!

KEV NTXUAV TU

Cov kev yuav ntxuav tu yog nyob ntawm hom kab mob uas tab tom ua rau sawv daws muaj mob, tiam sis feem ntau ces koj yuav tsum ntxuav cov npoo ntawm tej khoom siv nrog dej thiab xabnpus, ces ntxuav nrog tshuaj tua kab mob xws li bleach. Tsis txhob siv tshuab nqus tej ntuav lossis tej quav uas haw! (Siv txoj kev uas qhia nyob rau COV PEEV TXHEEJ.) Thaum koj ceeb toom qhia rau peb paub, peb mam qhia rau koj tias yam tshuaj tua ka mob twg zoo tshaj plaws.

DEJ

Muaj ntau yam kab mob sib kis tau hauv tej dej. Cov menyuam uas ntuav/raws plab yuav tsum tsis txhob mus ua luam dej los yog us si ntawm cov rooj teev dej kom txog txij lawv tsis muaj tsos mob kav ntev txog 24 teev tso. Lwm yam kab mob yuav muaj kev txwv tsis kov dej ntau tshaj qhov no thiab.

KEV CAIS TAWM

Kev cais cov menyuam los yog cov neeg ua hauj lwm uas muaj mob tseem ceeb heev rau kev cheem kom tsis txhob sib kis kab mob.

Leej twg kuj xij uas ntuav lossis raws plab yuav tsum raug cais tawm ntawm kev saib xyuas menyuam (tsis txhob sib koom) kom txog txij lawv tsis muaj tsos mob kav ntev txog 24 teev tso. Qhov no yog koom rau koj tus kheej thiab yog tias tsim nyog; cov neeg saib xyuas thiab cov neeg ua hauj lwm muaj mob txog 64% thaum muaj phaum mob tshwm sim ntawm cov chaw zov menyuam!

Rau qee hom kab mob, cov menyuam thiab cov neeg ua hauj lwm uas muaj mob yuav tsum raug cais tawm ntev zog; thaum koj ceeb toom qhia rau peb paub txog kev muaj phaum mob lossis tej mob nkeeg uas tsim nyog qhia txog, peb mam qhia rau koj tias cov menyuam thiab neeg ua hauj lwm tsim nyog yuav tsum raug cais ho ntev.



Pab Kom Sawv Daws Noj Qab Haus Huv – 2

TSIAJ TXHU

Tib neeg muaj mob tau los ntawm kab mob uas muaj nyob nrog tej tsiaj. Tab txawm cov tsiaj noj qab nyob zoo los yeej muaj kab mob tau. Yog koj muaj tsiaj txhu nyob hauv koj qhov chaw zov menyuam los yog koj coj cov menyuam tawm rooj mus saib tej tsiaj txhu, koj yuav tsum paub txog hauv kev tiv thaiv kab mob!

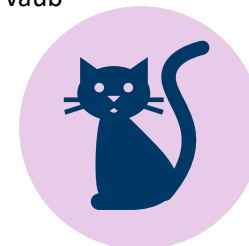
Cov tsiaj txhu hauv koj lub chaw zov menyuam

1. Qee hom tsiaj muaj kab mob tau ntau dua lwm hom. Xws li tej nab qa tsiav, nab, vaub kib, hedgehog, thiab tej menyuam qaib thiab noog muaj tau tus kab Salmonella, yog li tsis tsim nyog yug tej tsiaj no yog koj muaj cov menyuam hnuv nyoog yau dua 5 xyoos.
2. Kev ntxuav tej tsiaj cov pob tawb, khoom ua si, thiab tais dej tais mov yuav tsum tsis txhob ntxuav rau lub dab dej ntawm tsev mov. Yuav tsum ntxuav nyob rau lub dab dej hauv chaw ntxhua khaub ncaws lossis hauv lub dab da dej tom chav dej.
3. Yog menyuam yaus tau kov tej tsiaj txhu lossis kov tsiaj txhu tej chaw nyob, tsim nyog kom cov menyuam ntxuav tes nrog dej thiab xabnpus.

Kev tawm rooj mus ua si lossis yog muaj tsiaj tuaj rau tom chaw zov menyuam

4. Qee hom tsiaj muaj kab mob tau ntau dua lwm hom. Xws li tej nab qa tsiav, nab, vaub kib, hedgehog, thiab tej menyuam qaib thiab noog muaj tau tus kab Salmonella, yog li tsis tsim nyog yug tej tsiaj no yog koj muaj cov menyuam hnuv nyoog yau dua 5 xyoos.
5. Kev xuas tes pub qhauv rau tej tsiaj noj tab txawm lom zem los tsis yog ib qho uas pom zoo rau menyuam yaus ua. Nws yuav ua rau kis mob tau rau txhais tes thiab raug tsiaj tom yuam kev tau.
6. Txhua tus neeg mus saib tsiaj txhu tom chaw kaw tsiaj los yog cov farm yuav tsum ntxuav tes kom zoo nrog xabnpus thiab dej tom qab mus saib tas los, tab txawm twb tsis tau kov tsiaj los xij.
7. Nrhiav ntaub ntawv ntau ntxiv ntawm no:

- [Lom Zem thiab Nyob Noj Qab Haus Huv Tom Farm!](https://umash.umn.edu/wp-content/uploads/2015/12/Stay-Healthy-on-the-Farm.pdf) (<https://umash.umn.edu/wp-content/uploads/2015/12/Stay-Healthy-on-the-Farm.pdf>)
- [Nyob Kom Noj Qab Haus Huv Thaum Muaj Farm Tuaj Ntawm Koj!](https://umash.umn.edu/wp-content/uploads/2019/02/When-the-farm-comes-to-you.pdf) (<https://umash.umn.edu/wp-content/uploads/2019/02/When-the-farm-comes-to-you.pdf>)





KEV MOB IB PHAUM YOG DAB TSI?

Kev mob ib phaum yog thaum muaj tib neeg mob tib hom mob txog 2 tug neeg rov saud tom qab lawv kov los yog siv tib co khoom, khoom noj, dej uas tawm ntawm tib qho chaw los lossis tau kov chwv tib co tsiaj txhu.

TSIM NYOG CEEB TOOM THAUM TWG

Muaj qee hom kab mob yuav tsum tau ceeb toom rau MDH paub tab txawm mob tib tug neeg xwb los xij (Minn. Cai lij choj ntu 9503.0140 thiab 9502.0425). Cov kab mob uas nquag ua rau raws plab thiab ntuav uas hais no muaj xws li

1. *Campylobacter*
2. *Cryptosporidium*
3. *E. coli*
4. *Giardia*
5. *Shigella*
6. *Salmonella*

Cov kab mob tag nrho muaj sau nyob rau daim nplooj ntawv hais txog cov peev txheej nyob rau pob ntawv no.

Ntxiv no, “yog muaj mob nkeeg ua ntu zus, muaj kev xav tias muaj mob nkeeg, lossis muaj mob nkeeg nce ntau dua ib txwm nyob rau ib lub sijhawm” ces yuav tsum ceeb toom qhia rau MDH (Minn. Cai lij choj ntu 4605.7050). Li no txhais tias yog koj pom muaj menyuam yaus coob tus raws plab lossis ntuav, ces koj yuav tsuam qhia rau MDH, tab txawm tsis tau paub tias tim li cas thiaj mob los xij.

YUAV CEEB TOOM LI CAS

Xov Tooj: 651-201-5655 | **Hu Dawb:** 1-877-FOOD-ILL (1-877-366-3455)

Nyob Ooslais: [Kev Ceeb Toom Cov Mob Nkeeg Ib Phaum Mob](#)

[Kev Ua Pa thiab Mob Hauv Plab Hnyuv \(redcap.health.state.mn.us/redcap/surveys/?s=MJEJYFFCKNLD4N4C\)](#)

[mn.us/redcap/surveys/?s=MJEJYFFCKNLD4N4C](#)

Email: health.foodill@state.mn.us

VIM LI CAS THIAJ LI YUAV TSUM CEEB TOOM

Kev ceeb toom mob nkeeg yog ib qho yuav tsum tau ua raws li koj daim ntawv tso cai (licensure), tiam sis tseem ceeb dua ntawd, peb pab tau koj tiv thaiv kom lwm tus tsis txhob muaj mob nyob rau koj lub chaw zov menyuam. Muaj ntau hom kab mob uas ua rau raws plab sib kis tau ntawm ib tug neeg mus rau ib tug neeg. Peb pab koj txo kev kis kab mob nrog kev muab lus taw qhia rau koj ua raws.

Peb zoo siab tham yog tias koj muaj lus nug!



Yuav ua li cas yog muaj neeg txog ob leeg rov saud muaj tib ho mom mob ntawm lub chaw zov menyuam.

Siv cov ntawv no ua qhov chaw pib! Thaum koj tham nrog MDH, tej zaum peb yuav xav kom koj ua tej yam txawv lossis ua ntau ntxiv, nyob ntawm hom kab mob thiab seb qhov xwm txheej zoo li cas.

CEEB TOOM

- Qhia rau peb paub kom sai yog tias muaj txog ob leeg rov saud ntuav/raws plab. Qhov no yuav tsum tau ua raws cai lij choj ntawm lub xeev thiab peb pab muab kev taw qhia tau!
 - Saib daim nplooj ntawv KEV CEEB TOOM QHIA hauv phau ntawv no.

SAU CIA

- Teev sau cia rau daim ntawv TEEV MOB NKEEG NTAWM MENYUAM (CHILD ILLNESS LOG) thiab TEEV MOB NKEEG NTAWM COV NEEG UA HAUJ LWM (STAFF ILLNESS LOG) thaum muaj kev mob ntawm cov neeg ua hauj lwm thiab cov menyuam yaus.
- Xa ob daim ntawv TEEV MOB NKEEG (ILLNESS LOG) rov qab mus rau MDH.
 - (1) tsis dhau 2 hnuv thaum tau ceeb toom kev mob ib phaum. Tsis ua li cas yog tias tsis tau tiav
 - (2) nyob rau 1 mus rau 2 lim tiam tom qab tus kab mob kawg nkaus.
- Kev khaws quav coj mus kuaj yog ib qho tseem ceeb pab qhia tau tias tim li cas thiaj muaj mob nkeeg ib phaum thiab kom paub hom kab mob uas ua rau mob – tej zaum MDH yuav nug cov tsev neeg seb lawv puas kam muab quav khaws coj mus kuaj.

CHEEM KEV SIB KIS

- Nco ntsoov hais rau cov neeg ua hauj lwm thiab cov menyuam yaus kom ntxuav tes! Xws li dai cov ntawv duab ntxuav tes rau hauv chaw dej, xa email rau cov neeg ua hauj lwm, thiab ntxuav tes rau menyuam yaus saib.
 - Cov tshuaj pleev tes tov cawv cuaj caum feem ntau tua tsis tas qee hom kab mob. Ntxuav tes nrog xabnpus thiab dej thiaj li tshem kab mob tawm tau.
 - Txhua tus neeg ua hauj lwm yuav tsum ntxuav tes ua ntej noj mov lossis noj khoom txom ncauj.
 - Txhua tus neeg ua hauj lwm yuav tsum ntxuav tes ua ntej yuav npaj ua lossis kov tej zaub mov.
- Cov neeg ua hauj lwm yuav tsum nyob tsev yog lawv muaj mob ntxuag kev ntuav lossis raws plab kom txog txij lawv tsis muaj tsos mob kav ntev txog 24 teev tso. Continued on next page



- Tu thiab siv tshuaj tua kab mob ntxuav lub chaw/tsev tam siv. Rau siab ntxuav tej npoo thiab tej khoom uas nquag raug kov (xws li cov chaw dej, tus te tuav ntawm cov qhov rooj, tej tsee, cov ciav dej haus, cov chaw hloov pawm menyuam, khoom ua si).
 - Ntxuav txhua cov chaw uas muaj npoo nrog dej thiab xabnpus. Yaug.
 - Cov khoom ua si uas ntub tau dej ces muab ntxuav tau rau hauv lub tshuab ntxuav tais diav nrog dej kub.
 - Muab cov rooj ua si/chaw ua si khaws cia kom txog txij kev mob ib phaum zoo tas lawm tso mam rov siv dua.
 - Cov khoom ua si uas yog ntaub, tej pam vov thiab ntaub pua chaw yuav tsum muab ntxhua nrog dej kub thiab ziab nrog cua kub.
 - Ntxuav txhua qhov npoo chaw nrog cov tshuaj tua kab mob muaj zog. Li no thiaj li tua tau cov kab mob feem ntau koom nrog rau cov kab bacteria thiab novovirus. Tej zaum peb yuav hais kom koj siv lwm yam tshuaj ntxuav yog tias kev mob nkeeg ib phaum yog los ntawm cov kab parasite.

Cov tshuaj bleach (1000 ppm) uas muaj zog tov tshiab txhua txhua hnuv: 1 gallon dej + 1/3 bleach.

Rau cov npoo uas chwv tej zaub mov noj thiab tej khoom ua si uas menyuam nquag muaj rau qhov ncauj, yuav tsum muab yaug nrog dej huv tom qab cov tshuaj tua kab mob tau qhuav zoo lawm.

Siv hnuv looj tes thiab ua kom dim pa ntau tuaj (xws li qhib qhov rai/qhov rooj) thaum siv cov tshuaj no.

- Tu/ntxuav nrog tshuaj yam tsawg ib zaug nyob rau ib hnuv kom txog txij kev mob ib phaum zoo lawm (1 lim tiam tom qab tus neeg kawg nkau tau mob).
- Tu tej chaw tam siv thaum muaj neeg ntuav lossis raws plab.
- Ua cov kev tu kom raws cai los mus tiv thaiv cov neeg ntxuav tu kom txhob kis mob (saib COV PEEV TXHEEJ). Tsis txhob siv lub tshuab nqus los mus tu tej ntuav.
- Yog koj muaj cov neeg ua mov lossis yog koj ntiav ib lub tuam txhab ua mov, yeej meem tham nrog lawv kom paub tias puas muaj cov neeg ua hauj lwm muaj mob (hais kom lawv kos daim ntawv TEEV MOB NKEEG COV NEEG UA HAUJ LWM/STAFF ILLNESS LOG). Ceeb toom rau MDH yog tias muaj cov neeg ua mov muaj mob, peb thiaj paub muab ib tug neeg paub txog kev ntxuav tu tuaj mus pab lawv siv lwm txog kev tiv thaiv.
- Kom cov neeg laus pab daus zaub mov noj kom nyias muaj nyias lub phaj rau txhua pluas mov koom nrog rau kev noj khoom txom ncauj thiab
- Thaum muaj mob ib phaum uas yog ntuav/raws plab, yuav tsum tso tseg kev ua si kov dej thiab kev ua luam dej tag nrho uas muaj nyob rau koj lub chaw zov menyuam, koom nrog rau kev siv tej rooj ua si/rooj teev dej los yog cov pas dej da rau menyuam, kom txog txij txhua txhua tus mob zoo lawm tso.
- Thaum muaj ib phaum mob raws plab, tsis txhob mus ua si rau tej chaw muaj dej thiab tej pa dej da kom txog txij tus kab mob ntawd zoo tu qab lawm tso.

Yog muaj lus nug? Thov hu tuaj! 1-800-FOOD-ILL (1-877-366-3455)

COV LINK MUAJ KEV PAB

1. Cov qauv ntawm hauv phau ntawv no: [Cuab Yeej Ntaub Ntawv Pab Kev Mob Raws Plab rau Cov Neeg Saib Xyuas Menyuam Yaus](http://www.health.state.mn.us/diseases/foodborne/cctoolkit.pdf) (www.health.state.mn.us/diseases/foodborne/cctoolkit.pdf)
2. [Reportable Diseases List \(MN Rule 4605.7040\)](http://www.revisor.mn.gov/rules/4605.7040/) (www.revisor.mn.gov/rules/4605.7040/)
3. [Child Care Provider Information on Diarrheal Illness](http://www.health.state.mn.us/diseases/foodborne/daycare.html) (www.health.state.mn.us/diseases/foodborne/daycare.html)
4. [Hennepin County Child Care Manual](http://www.hennepin.us/childcaremanual) (www.hennepin.us/childcaremanual)

COV NTAWV DUAB DAI & NTAWV YAIS TAWM

1. [Kev Ntuav, Mob Raws Plab, thiab Menyuam Yaus – Ntaub Ntawv rau Cov Neeg Saib Xyuas Menyuam](http://www.health.state.mn.us/diseases/foodborne/dcinfographic.pdf) (www.health.state.mn.us/diseases/foodborne/dcinfographic.pdf)
2. [Kev Ntuav, Mob Raws Plab, thiab Menyuam Yaus – Ntaub Ntawv rau Niam thiab Txiv](http://www.health.state.mn.us/diseases/foodborne/dcparentsposter.pdf) (www.health.state.mn.us/diseases/foodborne/dcparentsposter.pdf)
3. [Tsis Muaj Ib Tug Mob Hu Tias Stomach Flu](http://www.health.state.mn.us/diseases/norovirus/nostomachflu.pdf) (www.health.state.mn.us/diseases/norovirus/nostomachflu.pdf)
4. Cov ntawv thov cai ntawm niam thiab txiv rau menyuam mus ua si saib tsiaj:
 - [Ua si lom zem tom farm thiab nyob kom noj qab haus huv!](https://umash.umn.edu/wp-content/uploads/2015/12/Stay-Healthy-on-the-Farm.pdf) (<https://umash.umn.edu/wp-content/uploads/2015/12/Stay-Healthy-on-the-Farm.pdf>)
 - [Nyob kom noj qab haus huv thaum farm tuaj txog koj!](https://umash.umn.edu/wp-content/uploads/2019/02/When-the-farm-comes-to-you.pdf) (<https://umash.umn.edu/wp-content/uploads/2019/02/When-the-farm-comes-to-you.pdf>)
5. [Nco Ntsoov Nyxuav Tes](http://www.health.state.mn.us/people/handhygiene/wash/dontforget.pdf) (www.health.state.mn.us/people/handhygiene/wash/dontforget.pdf)
6. [5 Txoj Kev Kab Mob Nquag Sib Kis Tau](http://www.health.state.mn.us/people/handhygiene/why/5ways.pdf) (www.health.state.mn.us/people/handhygiene/why/5ways.pdf)
7. [Kev Ntxuav Tu Ntuav](http://www.health.state.mn.us/diseases/foodborne/vomitposter.pdf) (www.health.state.mn.us/diseases/foodborne/vomitposter.pdf)
8. [Kuv Tsim Nyog Ntxuav Tes Rau Thaum Twg?](http://www.health.state.mn.us/people/handhygiene/why/whenwash.pdf) (www.health.state.mn.us/people/handhygiene/why/whenwash.pdf)