

## Ceeb Toom Rau Cov Neeg Noj Zaub Mov

### YUAV TSUM QHIA TAWM RAU COV NEEG YUAV KHOOM NOJ LI CAS

#### Tej ntu hauv daim ntawv ceeb toom rau cov neeg noj mov

Tej lab ua mov noj yuav tsum muaj daim ntawv ceeb toom (consumer advisory) lo rau ntawm lawv lub lab yog tias lawv muaj nqaij nyoos los sis nqaij zaub mov ua siav txog nrab noj hauv lawv lub lab. Koj daim ntawv ceeb toom rau cov neeg noj mov yuav tsum qhia tsi ntsees txog yam zaub mov twg yuav tsum ceev faj thiab tej lus qhia kom nco ntsoov. Koj muab sau hauv nplooj ntawv, rau lub tub txee ua zaub mov noj (deli case) los sis hauv phau ntawv teev cov khoom noj, ntawv lo khoom noj, roj teeb ua noj, daim phiaj ntawv loj, los sis lwm yam los tau tsuas ceeb toom cov ntsiab lus no. Piv txwv seb yuav muab daim ntawv ceeb toom li cas nyob rau daim nplooj ntawv 2.

#### Daim ntawv qhia tawm

Ib daim ntawv qhia tawm yog ib sob lus qhia tsi ntsees txog yam nqaij nyoos los sis yam khoom noj ua siav txog nrab xwb nyob rau hauv.

Muaj ob txoj kev rau koj los sau daim ntawv qhia tawm:

- Nyob hauv, yuav tsum muaj cov lus xws li "raw" (nyoos) los sis "undercooked" (siav txog nrab) hauv cov lus qhia txog tej zaub mov koj ua noj.

#### LOS SIS

- Muab tus cim tshab txhais \* (asterisk) sau nrog lub npe hom zaub mov uas muaj nqaij nyoos los sis ua siav txog nrab xwb sau rau hauv cov lus taw qhia.

#### Lus nco ntsoov

Tej lus kom nco ntsoov yog ib sob lus qhia tawm tias qhov noj nqaij nyoos los sis khoom noj ua siav txog nrab xwb kuj yuav ua rau kev phom sij kis tau kab mob ntawm zaub mov. Cov lus nco ntsoov no yuav tsum muaj lub

cim tshab txhais \* sau nrog lub npe hom zaub mov thiab muaj cov lus taw qhia hauv qab.

Muaj peb txoj kev sau cov lus taw qhia:

- "Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness." (Kev noj tej nqaij nyoos los sis nqaij ua siav txog nrab xwb, nqaij qaib, nqaij ntses hiav txwv, cws diag peg, los sis qe kuj yuav phom sij dua rau kev kis kab mob los ntawm zaub mov.)

#### LOS SIS

- "Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions." (Kev noj tej nqaij nyoos los sis nqaij ua siav txog nrab xwb, nqaij qaib, nqaij ntses hiav txwv, cws diag peg, los sis qe kuj yuav phom sij dua rau kev kis kab mob los ntawm zaub mov yog tias koj twb muaj tej yam mob ua ntej lawm.)

## LOS SIS

- “Regarding the safety of these items, written information is available upon request.” (Ntsig

txog kev xyuam xim ntawm tej khoom noj no, yeej muaj ntaub ntawv qhia yog tias xav paub txog.)

## Kev txwv

- Yuav tsum tsis txhob muab tej nqaij nyoos los sis nqaij ua siav txog nrab xwb rau tej neeg kis tau kab mob yooj yim heev noj tom lab. Cov tib neeg no yuav kis tau kab mob los ntawm zaub mov yooj yim dua vim lawv yog cov me nyuam muaj hnub nyoog kawm preschool, cov laus los sis cov uas lub cev tiv thaiv tsis tau kab mob zoo lawm.
- Yuav tsum tsis txhob muaj tej nqaij nyoos los sis ua tsis siav nyob hauv phau ntawv teev cov khoom noj rau me nyuam yaus.

## Cov zaub mov nquag noj nyoos los sis tsis siav

Nqaij nyoos los sis Nqaij Tsis Siav (proteins)	Cov Khoom Noj
Nqaij nyuj	Steak tartare, hamburgers, carpaccio, ci nqaij nyuj (sear)
Nqaij qaib	Nqaij os ci
Qe	Qe ua tsis siav (qe siav tsis tag, qe siav hauv dej, qe kib ib sab, qe nqaub uas tseem nyoos) Muab qe siv ua yam khoom noj (zaub xam lav Caesar, hollandiase, dej haus, kua aioli, ncuav tiramisù, mousse, meringue pie, pudding los sis custard)
Ntses	Sushi, las ntses nyoos, cold smoked fish, ceviche, tuna carpaccio, ntses tuna ci, gravlax, crudo
Phiab deg	Diag peg nrog rau clam, mussel

## Piv txwv tej ntawv ceeb toom rau cov neeg noj zaub mov

Nyob hauv cov piv txwv no muab **cov sob lus qhia tawm sau tuab** thiab cov lus sau kom nco ntsoov *muab sau ua qaij* .

Oysters on the half shell ( **oyster nyoos**)\* (ib sab diag peg nyoos)

Hamburger (**tham muaj neeg xaj mam li ua**)\* (daim nqaij nyuj ua npaws nkaws noj)

*Ceviche (ntses nyoos)\* (tais nqaij ntses sib*

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.” (Kev noj tej nqaij nyoos los sis nqaij ua siav txog nrab xwb, nqaij qaib, nqaij ntses hiav txwv, phiab deg, los sis qe kuj yuav phom sij dua rau kev kis kab mob los ntawm zaub mov.)*

*xyaw nrog txuj lom noj)*

### Hennepin County Environmental Health

479 Prairie Center Drive Eden Prairie, MN 55344

612-543-5200 | [www.hennepin.us/envhealth](http://www.hennepin.us/envhealth)

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Content courtesy of the [Minnesota Department of Health](http://www.mn.gov)



Ib sab diag peg \*

Daim nqaij nyuj ua npaws nkaws noj \*

Tais nqaij ntses sib xyaw nrog txuj lom noj\*

**\*Cov khoom noj nyob hauv no yog nyoos los sis ua tsis siav, los sis yuav muaj yam khoom tov uas nyoos los tsis siav xyaw nrog** *“Regarding the safety of these items, written information is available upon request.” (Ntsig txog kev xyuam xim ntawm tej khoom noj no, yeej muaj ntaub ntawv qhia yog tias xav paub txog.)*

Ob lug qe\*noj nrog kua dis thiab nplem ci

Daim nqaij nyuj ua npaws nkaws noj \*

Ceviche (**ntses nyoos**)\* (tais nqaij ntses sib xyaw nrog txuj lom noj)

**\*Cov qe thiab daim nqaij ua npaws nkaws yuav ua nyoos los sis tsis siav los yeej tau.** *“Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.” (Kev noj tej nqaij nyoos los sis nqaij ua siav txog nrab xwb, nqaij qaib, nqaij ntses hiav txwv, cws diag peg, los sis qe kuj yuav phom sij dua rau kev kis kab mob los ntawm zaub mov yog tias koj twb muaj tej yam mob ua ntej lawm.)*

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