

## Cov Phiaj Deg Molluscan

TEJ PHIAJ DEG, (OYSTER, CLAM, MUSSEL, THIAB SCALLOP) UAS NUV  
TSHIAB LOS SIS RAUG MUAB UA KHOV

### Tej khoom siv uas tau kev pom ZOO

Thawj kauj ruam seb tej khoom noj koj yuav puas nyab  
xeeb rau koj cov neeg yuav khoom yog saib seb cov  
phiaj deg molluscan no puas los ntawm ib qho chaw uas  
tau kev pom zoo. Tej chaw muag ces molluscan uas tau  
kev pom zoo muab sau teev rau hauv [Interstate Certified  
Shellfish Shippers List](#).

### Kev txais phiaj deg molluscan

- Txais cov phiaj deg molluscan uas nuv tshiab uas txias li 45° F los sis qis dua.
- Txais cov phiaj deg molluscan uas muab khov lawm kom tseem khov.
- Cia cov phiaj deg molluscan no nyob hauv twj ywm hauv lub thawv uas lawv xa tuaj nrog rau daim ntawv lo nrog. Yog tias cov ntawv lo nrog lub thawv ploj lawm los sis sau tsis tiav los sis nyeem tsis tau, tsis txhob txais pob khoom, los sis cia li muab cov phiaj deg molluscan pov tseg.

### Shellstock

Shellstock yog cov diag peg phiaj deg molluscan uas  
tseem nyob hauv nws lub plhaub qwj thiab tseem nyoos.

- Kuaj seb cov diag peb no puas muaj av nyob hauv, puas tseem cajsia thiab seb lub plhaub qwj puas tau dam.

- Muab tej diag peb uas tuag lawm los sis cov plhaub qwj uas dam tag pov tseg.

### Shucked shellfish

Shucked shellfish yog cov phiaj deg molluscan uas tau  
muab cov plhaub tshem lawm.

- Tsuas txais yuav tej phiaj deg uas ntim tau zoo lawm thiab thim tsis tau.

### Kev txawb tso phiaj deg molluscan

- Li ntawm 4 xaub moos thaum xub thawj txais cov phiaj deg molluscan no yuav tsum cia kom txias txog 41° F. Muab tso rau tub yees txias txog li 41° F los sis qis dua.
- Muab cov phiaj deg molluscan uas khov tso rau tub yees khov.
- Cia cov phiaj deg molluscan no nyob hauv twj ywm hauv lub thawv uas lawv xa tuaj nrog rau daim ntawv lo nrog.
- Muab cov phiaj deg tsis muaj plhaub tso nws nyob twj ywm hauv nws lub thawv txog txij thaum muab muag, muab ua noj los sis muab ntim rau tej thoob muag rau neeg mus nqa.
- Tiv thaiv tsis txhob kis tau kab mob (cross-contamination) mus rau cov phiaj deg molluscan. Yog tias muab tso saib muag rau dej khov, ces yuav tsum muaj qhov lim dej yaj tawm.

- Tsis txhob muab cov diag peg sib xyaw nrog lwm cov thaum muab tso tawm muag los sis tso hauv tub yees.

## Ntaub Ntawv Pab Ntxiv

[Interstate Certified Shellfish Shippers List](https://www.fda.gov/food/federalstate-food-programs/interstate-certified-shellfish-shippers-list)  
(<https://www.fda.gov/food/federalstate-food-programs/interstate-certified-shellfish-shippers-list>)

## Kev teev tseg tej ntaub ntawv

Yuav tau teev tseg tej ntaub ntawv txog cov diag peg nyoos uas nuv tshiab los sis khov lawm.

- Rau cov diag peg nyoos, hauv daim ntawv lo nrog, teev tseg hnuv tim muab thoob ntawd muag los sis muab ua noj.
- Tom qab sau cov hnuv tim no, khaws tseg cov ntawv lo no li ntawm 90 hnuv.
- Teev tseg cov ntaub ntawv raws li cov hnuv tim nws tshwm sim mus.

Koj tshem tau muab cov diag peg nyoos los sis cov tsis muaj plhaub tso tawm los muag los tau. Koj yuav tsum:

- Qhia tawm seb cov diag peg nyoos los sis cov tsis muaj plhaub yog li cas tiag raws cov ntawv lo nrog hais.

Koj muab cov diag peg no rov ntim rau tej thoob muag rau neeg yuav nqa mus tau. Koj yuav tsum:

- Muab ntawv lo rau thoob raws li nws daim ntawv qhia tias yog muaj dab tsi nyob hauv.
- Teev tseg cov hnuv tim koj muag cov diag peg no nrog rau cov ntawv lo nrog cov thoob, thiab muab khaws tseg kom txwm 90 hnuv.

## Kev tsis suav txog

Yuav tsis kom koj teev tseg tej ntaub ntawv txog cov diag peb cws uas muab ua kom siav txog nrab los sis muab hau lawm. Tsis tas koj khaws tseg tej ntawv lo nrog rau cov:

- Cov phiaj deg molluscan uas koj txais es twg muab ua siav lawm.
- Cov diag peg (scallop) uas muab nws tshem tawm plhaub qwj lawm (shucked adductor muscle).

### Hennepin County Environmental Health

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Molluscan shellfish\_Hmong\_HC\_6-25

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

