

Let's Beat the Bug!

Ntsiab lus:

- Ntxhua khaub ncaws yog ib txoj kev yoojyim uas tua tau cov kab uas tom neeg saum txaj.
- Muab koj cov khaub ncaws ntim rau hnab yas ua ntej koj nqa cov khaub ncaws mus rau lwm qhov chaw.
- Ntxhua koj cov pam vov thiab khaub ncaws nrog cov dej kub tshaj plaws.
- Yog koj tseem muaj cov kab no nyob hauv koj lub tsev, khaws koj cov pam vov thiab khaub ncaws uas koj twb muab ntxhua tas rau es muab ntim rau hnab yas los yog rau ib lub thawv ntawv yas kom cov kab no thiaj los nyob tsis tau.

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

Ntxhua khoom kom tua cov kab uas tom neeg saum txaj

Ntxhua khaub ncaws thiab pam vov yog ib lub tswvyim yoojyim uas tua tau cov kab uas tom neeg saum txaj. Lub tswvyim no zoo rau thaum yus tua cov kab. Thaum koj ntxhua khaub ncaws los yog ntxhua pam vov, koj yuav tsum ziab cov khoom nrog cov cua kub tshaj plaws li ntawv cov kab uas tom neeg saum txaj thiaj tuag.



Txoj kev qhia ntxhua khaub ncaws kom tsis txhob muaj cov kab uas tom neeg saum txaj lawm

Nco ntsoov ua raws cov kev no thaum koj ntxhua khoom: faib cov khaub ncaws kom cov muaj kab nyob ua ke thiab cov es tsis muaj nyob ua ke, ntxhua khaub ncaws, thiab khaws cia cov khaub ncaws uas koj twb ntxhua tag lawm.

Sib faib khaub ncaws

- ✓ Muab cov khaub ncaws uas cov kab tau kis rau ntim rau hnab yas.
- ✓ Muab cov khaub ncaws uas ntub dej tsis tau faib rau lwm hnab yas. Txawm cov khaub ncaws no ntub tsis tau dej los, koj muab lawv tso lub tshuab ziab khaub ncaws tau thiab.
- ✓ Nco ntsoov khaw lub hnab yas uas koj tau ntim cov khaub ncaws. Li no cov kab uas tom neeg saum txaj thiaj tawm tsis tau.



Thaum ntxhua khaub ncaws

- ✓ Muab cov khaub ncaws tso rau lub cav ntxhua los yog lub tshuab ziab.
- ✓ Thaum cov hnab yas tsis muaj khaub ncaws nyob hauv lawm, pov cov hnab yas no rau ib lub hnab yas tshiab thiab soj ntsuam cov lub hnab kaw kom ruaj ua ntej koj muab cov hnab yas no pov tseg.
- ✓ Ntxhua cov khaub ncaws nrog dej kub tshaj plaws.

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- ✓ Cov khaub ncaws uas siv los yog yam ntub tsis tau dej, muab rau lub tshuab ziab khaub ncaws kom cov ziab tshaj 20 feeb. Thaum muab ziab tag lawm, nqa cov khaub ncaws mus rau cov neeg uas paub zoo txog tej yam kab uas tom neeg saum txaj. Thaum koj ziab cov khaub ncaws, koj tsuas tua cov kab xwb, cov khaub ncaws tseem tsis tau huv.

Khaws cia cov khaub ncaws uas koj twb ntXHua tag lawm

- ✓ Thaum cov khaub ncaws ziab tag lawm, koj yuav tsum muab lawv tais sai li sai tau los yog muab lawv ntim rau ib lub hnab yas tshiab. Yog koj ntXHua khoom tom chaw ntXHua khaub ncaws, muab koj cov khaub ncaws ntim hnab yas mus txog tsev tso mam li tais.
- ✓ Koj yuav tsum muab koj cov khaub ncaws ntim hnab yas mus txog tsev tso mam li tais.
 - Yog koj twb tua cov kab tas lawm, muab koj cov khaub ncaws cia.
 - Yog koj lub tsev tseem muaj cov kab no, khaws koj cov khaub ncaws twj ywm rau hauv hnab yas kom cov kab no thiaj kis tsis tau rau cov khaub ncaws no.



By Amelia Shindelar and Dr. Stephen Kells, 2011

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