

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 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

Kev pab tiv thaiv tsev kom tsis txhob muaj kab uas tom neeg saum txaj

Thaum yuav tiv thaiv yus lub tsev kom tsis txhob muaj kab uas tom neeg saum txaj:

- ***TSIS TXHOB*** siv tshuaj ua teb uas tua kab noj qoob
- ***TSIS TXHOB*** muab tshuaj ntau ntau los sib xyaws ces siv mus tua cov kab

Lub tswvyim zoo tshaj uas yuav pab kom tsis txhob muaj kab uas tom neeg saum txaj yog kom yus siv cov tshuaj uas cov kws tua kab Pest Management Professional (PMP) muag rau yus. Tiamsis, PMP yam kev pab kuj kim heev. Vim li no peb thiaj li faib ib co tswvyim kom sawvdaws pab tau lawv tus kheej tua cov kab uas tom neeg saum txaj.

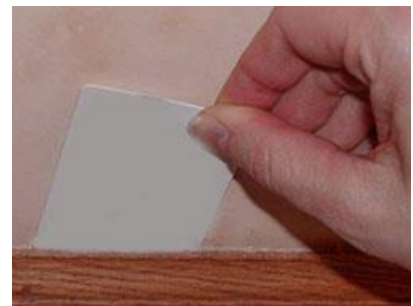
Thaum yus yuav tua cov kab hauv ib lub chav, muaj ob peb yam yus yuavtsum ua. Qhov ib: yog yus muaj ib lub chav es yus tsis muaj cov kab no, siv lub chav no. Tabsis nco ntsoov tu kom huv si ua ntej. Ua ntej yus yuav tu, yuavtsum nyeem cov ntawv uas qhia seb yus yuav tu lub chav huv si li cas ntawm www.bedbugs.umn.edu. Tom qab yus tu ib lub chav huv si, muab cov khoom hauv lub chav uas muaj cov kab tu kom huv si. Thaum yus tu ib qhov khoom huv si tas lawm, nqa qhov khoom ntawv mus rau lub chav huv. Tom qab yus tau tu tas nrho cov khoom hauv lub chav uas muaj cov kab thiab tu lub chav ntawv kom huv si lawm, yus thiaj nqa cov khoom rov qab los tso li qub.

Yog koj tuaj cov kab no nrog koj ob txhais tes tsi zoo npaum koj sib ntaub nplaum lo lawv.

Yog koj siv peb cov tswvyim, cov kab yeej yuav tuag zuj zus. Tabsis yog koj ua li peb qhia xwb es tsis hu ib tug kws tua kab, cov kab uas tom neeg saum txaj no yeej tsis tu noob.

Cov cuabyeej tua cov kab uas tom neeg saum txaj yog cov no: teem rom, ib daim phaib hlau (credit card), ntaub nplaum, hnab yas thiab dej kub.

Pib li no mus: Siv lus teem rom thiab daim phaib nrhiav cov kab nyob tim tej phabntsa es tau tawg lawm. Thaum nrhiav



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tau cov kab no, sib ntaub nplaum lo lawm. Thaum tas ces, sib xum npum thiab dej kub lo so cov kab no cov ntshav, qe thiab lawv cov plhaub zeej.

Lub nqus tsev pab ntes cov kab uas tom neeg saum txaj. Nqus tej chaws uas koj xav tias cov kab no nkaum. Thaum nqus tag lawm, ces muab lus hnab hauv lub nqus tsev pov tseg.

Hws yog ib txoj kev uas zoo tua cov kab. Siv ib lub luam khaubncaws tso hws (steam) muaj txaus ib nkasloos dej. Kom tua cov kab no kom tuag, cov cua kub cua txias yuav tsum yog sov kom txog 160 mus rau 180 degrees Fahrenheit. Xyuam xim thaum koj siv lub luam khaubncaws tso hws ib tsam nws hlawv yus.



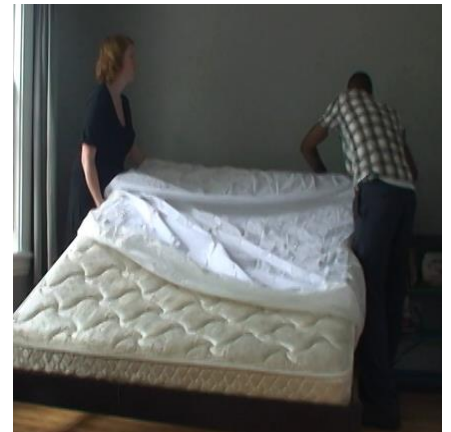
Nxthua khaubncaws yog ib lub tswvyim uas pab tua cov kab no. Yog koj tsis tau ntshua khaubncaws, khaws tej yam khaubncaws thiab ntaub ntim rau hauv ib lub hnab yas. Yog koj cov khaubncaws ntub dej tsis tau, muaj cov khaubncaws tso hauv lub tshuabziab ris tsho (dryer) kom muaj 30 feeb.

Ua kom tej khoom uas cov kab taum nyob kom **khov**. Cia koj cov khoom khov kom tshaj 4 hnuv thiab nco ntsoov cov cua kub cua txias no npaum li 0°F lossis no qis zog los kuj tau thiab.

Daim pam pua saum txaj ua kom cov kab nkag tsis tau hauv koj lub txaj. Yog hais tias koj lub txaj muaj cov kab no lawm, muab ib daim pam pua saum toj ces cov kab no thiaj tuag. Cia daim pam vov lub txaj tshaj kaum-yim (18) hli.

Ib lub tswvyim ntshua uas tua tau cov kab no yog nrog **cua kub**. Yog koj xav tuaj cov kab nrog cua kub ces koj yuav tsum hu "Pest Management Professional."

Tshuaj tua kab yog ib yam uas pab tau yus tua cov kab no. Tabsis yus yuav tsum nyeem cov ntaub ntawm nyob nrog cov tshuaj kom yog. Ib txhia tshuaj yeej yog cov tua tau cov kab uas tom neeg saum txaj xwb tabsis ib txhia yog tshuaj tua lwm cov kab. Yog koj siv cov tshuaj tsis yog, tej zaum cov kab tsis tuag. Yog koj yuav siv cov tshuaj tua kab, yuavtsum tham kom meej nrog "Pest Management Professional" ua ntej koj siv cov tshauj.



By Amelia Shindelar and Dr. Stephen Kells, 2011
Translated by Yer Yang

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