



# KEV DAWS TEEBMEEM PA TAWS

## COV LUS QHIA RAU COV NEEG LAUS HAUV IB CHEEB TSAM NTAWM LUB NROOG SACRAMENTO

**Yog cov chaw tua hluav taws kub nyhiab tiv thaiv cov tsiaj qus hauv ib cheeb tsam, muaj ntau yam koj tuaj yeem tiv thaiv cov menyuum yaus li kev noj qab haus huv kom txhob raug mob los ntawm cov pa taws los ntawm cov pa hlawv cov tsiaj qus.**

Cov neeg laus muaj teebmeem los ntawm cov cua phem tau zoo vim lawv muaj mob xws li muaj kabmob ntsws tsis paub zoo tu qab, kabmob raj cua ntsws o thiab kabmob ntsws o. Muaj cov cua pheem tsis zoo ntau tuaj yeem ua rau lawv li kev noj qab haus huv tsis zoo.

Cov plua tshauv thiab pa taws los ntawm cov tsiaj qus yuav pom muaj cov pa phem cuam tshuam mus thooob hauv ib cheeb tsam uas yuav tsum tau ceebtoom ntau lwm txog cov pa cua zoo uas nyob xyaws cov pa taws uas koj tsis tuaj yeem pom. Yeej tsis tuaj yeem ntsia pom cov pa no, nws ib txwm tsis zoo rau lub cev thiab nkag mus tau rau hauv peb lub ntsws tau.

Cov plua tshauv tuaj ua rau hnoo, ua rau mob qa, mob taub haus thiab khaus qhov ntswg. Lub sijhawm ntev mus, cov pa taws no tuaj yeem ua rau lub ntsws ua haujlwm tsis zoo thiab ua rau kabmob nkag tau yooj yim rau lub cev xws li kabmob hawb pob, kabmob ntsws o, kabmob lub roj cua ntsws o thiab ua rau muaj kabmob khees-xaws.

Nov yog qee cov lus qhia uas koj tuaj yeem tiv thaiv tau lawv tus kheej los ntawm cov cua tsis zoo:

- ✓ **Nyob hauv tsev.** Tsis txhob tawm mus sab nrauv zoov kom raug cov cua phem. Kaws cov qhov rais thiab cov qhov rooj. Siv cov cua txhia thiab hloov cov tshuab nqus cua tshiab yog muaj.
- ✓ **Txo tsis txhob ua haujlwm rau sab nrauv zoov.** Yuav tau txo tsis txhob ua haujlwm rau sab nrauv zoov thiaj li tsis nqus cov cua phem nkag los rau koj lub cev. Cov neeg laus uas muaj kabmob plawv thiab kabmob ntsws yuav tsum zam tsis txhob cia raug lossis ua haujlwm mus ntev nrog cov cua phem.
- ✓ **Sablaj nrog ib tug kws khomob.** Yog koj mob plawv lossis ntsws, yuav tau tham nrog tus kws khomob. Nws tuaj yeem hais kom koj mus khomob lossis qhia rau koj tias koj yuav tsum tawm mus ntawm thaj chaw ntawd thaum twg. Hu rau tus kws khomob kiag tam sim ntawd yog koj qhov mob tsis zoo. Yog koj muaj hom kabmob tsis paub zoo tu qab, yuav tsum muaj tshuaj khomob kom txaus (tsib hnub lossis ntau dua).
- ✓ **Yuav tau ceevfaj.** Mloog xov xwm hauv ib cheeb tsam, tej huab cua thiab cua zoo uas tshaj tawm los ntawm lub chaw hauv ib cheeb tsam lossis los ntawm ib cheeb tsam Sacramento Lub Chaw Saib Xyuas Huab Cua (Spare The Air). Yog cov huab cua zoo nyob hauv koj ib cheeb tsam pib tsis zoo yuav tau ceebtoom txog kev tiv thaiv koj li kev noj qab haus huv ua ntej.

SACRAMENTO METROPOLITAN



YOLO-SOLANO  
AIR QUALITY MANAGEMENT DISTRICT



Serving Sutter and Yuba Counties



**Yog koj muaj lus nug txog cov huab cua zoo, thov hu rau lub chaw saib xyuas huab cua hauv koj ib cheeb tsam:**

- El Dorado County Air Quality Management District - (530) 621-7501
- Feather River Air Quality Management District (Yuba and Sutter counties) - (530) 634-7659
- Placer County Air Pollution Control District - (530) 745-2330
- Sacramento Metropolitan Air Quality Management District - (916) 874-4800 or (800) 880-9025
- Yolo-Solano Air Quality Management District - (530) 757-3650