

October 24 - 30, 2021

NATIONAL LEAD POISONING PREVENTION WEEK 2021



Stakeholder Resource Guide

hud.gov/program_offices/healthy_homes/nlppw





Overview from the Director

As the Director of U.S. Department of Housing and Urban Development's Office of Lead Hazard Control and Healthy Homes (OLHCHH), I invite and encourage you to participate in this year's National Lead Poisoning Prevention Week. Each year, HUD, the U.S. Environmental Protection Agency, and the Centers for Disease Control and Prevention collaborate on this important national outreach effort.

State, tribal, and local governments, families, individuals, community-based organizations, philanthropies, and others are all stakeholders working to reduce childhood exposure to lead. This campaign demonstrates how OLHCHH engages stakeholders in evolving conversations around health, safety, and housing. In 2021, the National Lead Poisoning Prevention Week goes hand in hand with securing environmental justice and spurring economic opportunity for disadvantaged communities. We especially appreciate and focus on our Office's grantees, who have been essential to working toward our goals.

One of our top priorities is to better reach out to low-income or communities of color with children under the age of 18, and the elderly. The many resources in this guide are intended to help stakeholders engage with each other and with those who benefit from their efforts – the families, especially children, they serve.

During this month, we would also like to recognize OLHCHH's 30th anniversary! Since 1991, we have supported lead safety education, provided national expertise in lead exposure evaluation and control, and have distributed grants to states, tribes, local communities, and nonprofit organizations, which would not be possible without our stakeholders' efforts.

I want to recognize the challenges our stakeholders have faced, and continue to do so, regarding the pandemic, and your efforts to overcome them. Your efforts have truly been "above and beyond." Thank you!

Matthew Ammon, Director
HUD Office of Lead Hazard Control and Healthy Homes





Facilitating Stakeholder Engagement

This Stakeholder Resource Guide was created specifically for OLHCHH stakeholders. It aims to provide, in both this guide and websites linked from it, resources to help you educate disadvantaged communities as part of your efforts to make substandard, low-income housing lead safe and healthy. Many of these communities, as a result of being historically underserved, have families at higher risk for being affected by housing-related health and safety hazards.

This guide was created in conjunction with the interagency National Lead Poisoning Prevention Week (NLPPW) 2021 Partner Information Kit, which provides stakeholders with key materials and resources that are available for distribution to a wide array of audiences. The digital kit includes basic information about lead poisoning, describes steps to create localized outreach and engagement, and provides additional customizable materials to support outreach activities and events. Download at: https://www.hud.gov/sites/dfiles/HH/documents/NLPPW_2021_Partner_Information_Kit.pdf

We recognize that, for our grant programs to be successful, our grantees need to engage the families they are trying to assist, as well as landlords and other stakeholders in the community, such as health, housing, community development, and philanthropic organizations. Grantees develop their local outreach strategies by partnering and engaging the communities and families in the decision-making process.

As established by the partner agencies, the main themes for this year's NLPPW outreach are:

- ✓ Get The Facts
- ✓ Get Your Home Tested
- ✓ Get Your Child Tested

To access a wide range of materials, including the interagency toolkit, please visit our NLPPW website at https://www.hud.gov/program_offices/healthy_homes/nlppw



Some of the information presented in this guide may already be familiar to you. However, one of our objectives is to familiarize new stakeholders with lead poisoning prevention, as well as sharing updates with more experienced grantees. In 2021, the OLHCHH created a video that summarizes HUD's many lead poisoning prevention activities year-round. You are welcome to use it as part of your overall lead poisoning prevention activities for NLPPW 2021 and beyond.

You can view and link to this video at:

<https://player.vimeo.com/video/467939063>



Lead Poisoning Prevention Essentials

Lead poisoning occurs when lead enters the bloodstream and builds up to high levels. Many different factors such as the source of exposure, length of exposure, and underlying susceptibility (such as a child's age, nutritional status, and genetics) affect how the body handles foreign substances. About 2.6 million American households, including 1.6 million low-income households, have children under 6 years of age who live in homes with lead exposure hazards. Even relatively low levels of lead exposure can impair a child's learning and behavioral development.

- **There is no safe level of lead in blood.** An important fact to know about lead exposure and its potentially harmful effects.
- **Lead is a toxic element, especially in young children.** When absorbed into the body, it can result in damage to the brain and nervous system, learning and behavior problems, slow growth and development, and hearing and speech problems.
- **Lead poisoning is preventable!** The key is to keep children from coming into contact with lead.

Lead can be found inside and outside the home. The most common source of exposure is from lead-based paint, which was used in many homes built before 1978. Children can be exposed by swallowing or breathing in the lead dust created by old paint that has cracked and chipped, eating paint chips, or chewing on surfaces coated with lead-based paint, such as windowsills.

- Simple steps can be taken to protect family members from lead-based paint hazards in the home, such as regularly cleaning the home, washing children's hands and toys often, and wiping shoes before entering the home.
- If a family lives in a house built before 1978, a certified lead inspector or lead-risk assessor can be hired to check the home for lead-based paint or lead-based paint hazards.
- Lead can be found in drinking water. The most common sources of lead in drinking water are lead pipes, faucets, and fixtures.

Other examples of possible sources of lead include some metal toys or toys painted with lead-based paint, furniture painted with lead-based paint, some metal-containing jewelry, some imported items (e.g., health remedies, foods and candies, cosmetics, powders or make-up used in religious ceremonies), and lead-glazed pottery or porcelain.

A simple blood test can detect lead. A family should consult their healthcare provider for advice on blood lead testing.



The National Lead Information Center



The National Lead Information Center (NLIC) provides the general public and professionals with information about lead, lead hazards and their prevention. The NLIC has a toll-free hotline (see below) and clearinghouse, with experts providing technical assistance on lead, lead hazards, and their prevention. The NLIC is operated for EPA, with support from HUD.

A wide range of lead-based-paint educational publications are available online or can be sent to requestors.

Customer service at the NLIC can help with many different topics. As needed, the NLIC will refer some questions to EPA and HUD for resolution, and/or provide the requester with contacts at other federal agencies.

Email and Website:

The NLIC Website is:

<https://www.epa.gov/lead/forms/lead-hotline-national-lead-information-center>

You may use the NLIC online Document Request Form to order documents electronically. The website also has an online form to email the NLIC.

Phone:

800-424-LEAD (5323)

Specialists are available Monday through Friday, 8:00 am to 6:00 pm Eastern time (except federal holidays)

Callers with hearing or speech disabilities can use 711 for the teletype (TTY-based Telecommunications Relay Service). The NLIC telecommunications systems has the capability to receive recorded messages in English and Spanish 24-hours a day, seven days a week. The NLIC can be reached via fax at (585) 232-3111.

Mail:

National Lead Information Center
422 Clinton Avenue South
Rochester, NY 14620-1103



NLPPW 2021 Stakeholder Outreach

The ongoing COVID-19 pandemic has continued to significantly affect campaign development capacities everywhere, so organization and implementation varies significantly. The pandemic has also shortened the roll out of NLPPW. Accordingly, the basic steps described here will reflect these constraints as well as other priorities. By organizing in-person (if possible) and mainly virtual/online activities and events, you can both increase awareness and educate your community on actions they can take to prevent lead exposure. Finally, consider using or amplifying some of the resources offered in this guide.

Form a Virtual Team or Similar Work Group. Create a NLPPW task force, committee, work group, or similar based on your unique needs and resource availabilities. Other stakeholders may include local public health and safety officials (from programs such as Head Start, Women, Infants and Children, other health-related programs), emergency medical services, the fire department, and the poison control center. You can also find support and potential partners and educators within the healthcare community, such as hospitals, clinics, urgent care centers, and family medicine/pediatric practices. Once your team is formed, map out activities, events, and/or information distribution methods (sites) that are appropriate to the local community.

Develop a Virtual Action Plan, which could be short and longer term. Develop an action plan for your outreach efforts tailored to the needs of your local communities and organizations. Develop a single overarching communication objective by defining the issue and focus on why it is important to act now. Ensure your main message is clear, concise, and relevant. Define your audience and what change you want to see as a result of your communication strategy. Determine which materials you want to use for communications. Decide which communication channels are most appropriate for your message and audience. Consider using an integrated approach, involving a combination of traditional components (newspapers, radio, emails) and social media messaging to increase the reach. Identify partners to work with throughout your campaign that will help support your messages. Create or mobilize existing local networks to distribute information.

Implement Your Plan Based on Local Capacities. Ask local partners to promote NLPPW activities and/or awareness. Use “multipliers” such as partner newsletters and listservs; social media, and other virtual techniques to share information about lead poisoning prevention.

Promote NLPPW on social media.

- ✓ Even at this date, consider “lessons learned” from 2020.
- ✓ Develop a realistic campaign plan and a budget based on local needs and conditions.
- ✓ Promote NLPPW on social media.
- ✓ Consider using webinars and customize them for your local community.
- ✓ Reach out to and partner with local stakeholders to identify community-specific needs.
- ✓ Identify areas for follow-up after your outreach campaign.

For updates and to learn more about NLPPW, please visit our dedicated website at
www.hud.gov/program_offices/healthy_homes/nlppw

Share and post information about your NLPPW events on social media, using the hashtags #LeadFreeKids and #NLPPW2021



OLHCHH Contacts

The table below identifies the HUD Office of Lead Hazard Control and Healthy Homes contacts who can help coordinate NLPPW 2021 activities and outreach. Throughout the year, our staff can provide information about HUD programs, help with addressing housing health and safety issues in their regions, provide referrals, and much more. Due to their commitments, we recommend that you email the regional representative for your region first.

Region	States	Regional Field Staff
Region 1 Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont	All	Sue Horowitz Susan.I.Horowitz@hud.gov 212-542-7411
Region 2 New Jersey, New York	All	Sue Horowitz Susan.I.Horowitz@hud.gov 212-542-7411
Region 3 Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia	All	Ed Thomas Edward.A.Thomas@hud.gov 215-861-7670 Paul Diegelman Paul.H.Diegelman@hud.gov 216-522-4058 x7656
Region 4 Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, Puerto Rico, Virgin Islands	All	Victor Powell Victor.L.Powell@hud.gov 202-402-7591 Myia Egleton Myia.C.Egleton@hud.gov 202-402-7523
Region 5 Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin,	All	Paul Diegelman Paul.H.Diegelman@hud.gov 216-522-4058 x7656
Region 6 Arkansas, Louisiana, Oklahoma, Texas, New Mexico	AR, LA, OK, TX	Paul Diegelman Paul.H.Diegelman@hud.gov 216-522-4058 x7656
	NM	Karen Griego Karen.M.Griego@hud.gov 505-346-6462
Region 7 Iowa, Kansas, Missouri, Nebraska	All	Jerry Freese Gerald.D.Freese@hud.gov 303-672-5089
Region 8 Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming	All	Jerry Freese Gerald.D.Freese@hud.gov 303-672-5089
Region 9 Arizona, California, Hawaii, Nevada		Karen Griego Karen.M.Griego@hud.gov 505-346-6462
Region 10 Alaska, Idaho, Oregon, Washington	All	Karen Griego Karen.M.Griego@hud.gov 505-346-6462
Tribal Grants	All	Karen Griego Karen.M.Griego@hud.gov 505-346-6462
High Impact Neighborhood Grants	All	Paul Diegelman Paul.H.Diegelman@hud.gov 216-522-4058 x7656
Headquarters - All Regions		Myia Egleton Myia.C.Egleton@hud.gov 202-402-7523 Victor Powell Victor.L.Powell@hud.gov 202-402-7591



The Healthy Homes Partnership

The U.S. Department of Agriculture's National Institute of Food and Agriculture (USDA-NIFA) supports a nationwide network of over 9,600 local extension educators in nearly half of the nation's 3,150 counties and extension professionals in 112 land-grant universities.

The HUD OLHCHH funds extension faculty for outreach by state specialists at these universities, who possess extensive expertise in housing, healthy homes, lead poisoning prevention, and the environment. Called the [Healthy Homes Partnership](#), this outreach targets diverse and low-to moderate income residents in both rural and urban settings. Their website is at <https://extensionhealthyhomes.org>



These educators are excellent resources for HUD OLHCHH grantees. Extension educators are experienced in using multimedia communications, marketing strategies, and conducting educational outreach. Extension staff have relationships in their communities with many partners and stakeholders.

Contacts for grantees are listed below:

Alaska	Art Nash	907-474-6366	alnashjr@alaska.edu	https://www.uaf.edu/snre/
Connecticut	Mary Ellen Welch	860-885-2829	mary.welch@uconn.edu	http://extension.uconn.edu/
Florida	Randall Cantrell	352-273-3554	rcantrell@ufl.edu	https://fycs.ifas.ufl.edu/
Georgia	Pamela Turner	706-542-9165	pturner@uga.edu	https://extension.uga.edu/topic-areas.html#
Louisiana	Claudette Reichel	225-578-2378	creichel@agcenter.lsu.edu	https://www.lsuagcenter.com/topics/family_home/home/lahouse
Mississippi	David Buys	662-325-3060	david.buys@msstate.edu	http://extension.msstate.edu/hhi
Missouri	Graham McCaulley	573-882-2005	mccaulleyg@missouri.edu	http://extension.missouri.edu/hes/housing/healthyhomes.htm
Montana	Barbara Allen	406-994-3531	blallen@montana.edu	http://www.msuetensionhousing.org/
North Carolina	Sarah Kirby	919-515-9154	sdkirby@ncsu.edu	https://www.ces.ncsu.edu/fcs-housing/
Oklahoma	Gina Peek	405-744-9521	gina.peek@okstate.edu	https://humansciences.okstate.edu/dhm/
South Dakota	Axton Betz-Hamilton	865-974-8197	axton.betzhamilton@sdstate.edu	https://www.sdstate.edu/directory/axton-betz-hamilton
Tennessee	Martha Keel	865-974-8197	mkeel@utk.edu	https://ag.tennessee.edu/fcs/Pages/Home/HealthyCommunities.aspx

The phone numbers above may also be reached by persons with hearing or speech difficulties by dialing 711 via teletype (TTY) or telecommunications device for the deaf (TDD). You can find additional state contacts at <https://extensionhealthyhomes.org/contactmap>



Resources

NLPPW Webinars

These webinars are a key feature of NLPPW and are designed for a wide range of stakeholders. Whether you have years of experience, or are still on a learning curve, you'll benefit from hearing from our experts.



Please visit the NLPPW website at https://www.hud.gov/program_offices/healthy_homes/nlppw for webinar descriptions and schedule. Please read the short description of each webinar, presenter(s), and target audience. To attend a webinar, follow the link to register. You must register for each webinar you plan to attend. Registration is limited to 500 people so please plan on registering early.

You will receive confirmation by email after registration, including instructions for connecting to the webinar on the day of the event. Contact Michael Goldschmidt at goldschmidtm@missouri.edu if you have questions. We look forward to your attendance and participation at our webinars!

HUD Videos



You can access the HUD Healthy Homes Playlist on YouTube at:
<https://www.youtube.com/playlist?list=PLF784BAEF218A35EE>.

Included in the playlist are videos highlighting HUD best practices; focusing on lead, asthma, disaster recovery, renovation and repair, and more.

Another video you might be interested in, "[Leady Lucy: Neighborhood Super Hero](#)" was created for families and children by the Utah Physicians for a Healthy Environment.

Consumer Publications

Protect Your Family from Lead in Your Home – a pamphlet that must be given to buyers and renters of most homes built before 1978, before purchase or lease. Download a copy at [Protect Your Family from Lead in Your Home](#)

Lead-Safe Certified Guide to Renovate Right: Important Lead Hazard Information for Families, Child Care Providers, and Schools – a pamphlet that must be given to owners for pre-1978 homes and child-occupied facilities that are renovated. Download a copy at [Lead-Safe Certified Guide to Renovate Right](#)

Ethan's House Gets Healthier - a CDC children's coloring book. Download a copy at:
https://www.cdc.gov/nceh/lead/docs/Coloring_Book.pdf

Is There Lead in the Water? - a CDC children's coloring book on lead in drinking water. Download a copy at: https://www.cdc.gov/nceh/lead/publications/lead_in_water_activity_book_508.pdf



Resources

HUD Smartphone Apps

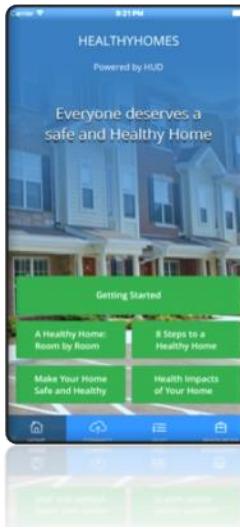


Developed by HUD and the Healthy Homes Partnership, these apps cover lead as well as other indoor environmental hazards and disaster recovery. Download the apps at:

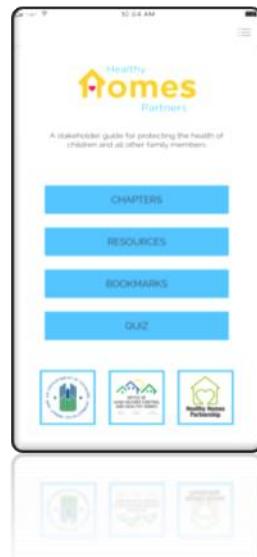
[Rebuild Healthy Homes](#) – healthy homes disaster recovery



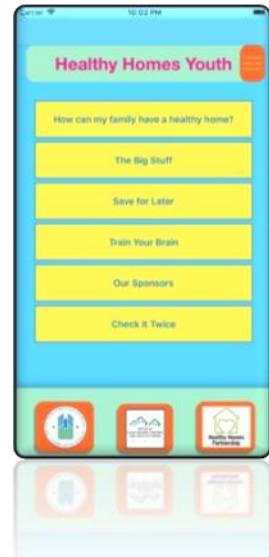
[Healthy Homes Basics](#) – consumer information on healthy homes



[Healthy Homes Partners](#) – stakeholder information on healthy homes

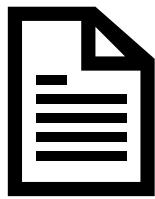


[Healthy Homes Youth](#) – healthy homes information for 5th – 7th grade students



HUD Educational Materials

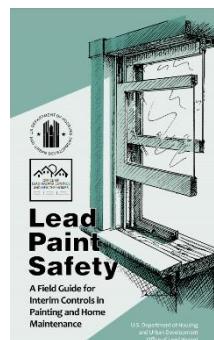
These guides, published by HUD, are available for professionals and consumers. Some guides are also available in multiple languages. The target audience for the Lead Paint Safety Guide includes: maintenance contractors, property managers and owners; contractors working in federally assisted housing; local public housing and health agency staff; homeowners hiring contractors or subcontractors, or doing work their own work on their residences; and volunteers.



[HUD Lead Paint Safety Guide](#)

[Homeowner's and Renter's Guide to Reducing Lead Hazards After Disasters](#)

[Lead: Worker and Employer Guide to Hazards and Recommended Controls](#)





Resources

Lead Safe Housing and Healthy Homes Exchange

The HUD Exchange has recently added a Lead Safe Housing and Healthy Homes List for exchanging information and messages at <https://www.hudexchange.info/mailinglist/subscribe/>.

The HUD Exchange, at <https://www.hudexchange.info/>, is a HUD-sponsored online platform for providing program information, guidance, services, and tools to HUD's community partners, including state, tribal and local governments, nonprofit organizations, Continuums of Care, Public Housing Authorities, and partners of these organizations, such as property managers, environmental consultants, and hazard control firms.



The HUD Exchange has a useful Lead-Based Paint webpage (with subsidiary links) at
<https://www.hudexchange.info/programs/lead-based-paint/> .

The new listserv provides email updates on training opportunities, resources, and program support related to creating lead safe and healthy housing. Topics include HUD's *Lead Safe Housing Rule*, HUD's and EPA's *Lead Disclosure Rule*, and EPA's *Renovation, Repair, and Painting Rule*. Topics and resources will continue to be expanded in the future. This information is particularly relevant to:

- *Community Planning and Development (CPD) grantees and their subgrantees / subrecipients who administer housing, rehabilitation, and tenant based rental assistance and homebuyer programs.*
- *Public and Indian Housing (PIH) stakeholders, including public housing authorities who administer Housing Choice Vouchers and public housing programs, and PIH's Office of Native American Programs grantees and their subgrantees/subrecipients who administer housing, rehabilitation, and tenant based rental assistance and homebuyer programs for tribal housing.*
- *Federal Housing Administration (FHA) Multifamily Housing Programs administering project-based assistance.*



Resources

National Lead Poisoning Prevention Week is also an opportunity to create awareness of other unique and useful housing related resources. These may not be directly or exclusively lead related but can significantly help stakeholders in their communities. Consider how the information found below may apply to your communities and the families you serve, as part of the engagement process.

HUD-approved Housing Counselors

HUD's Housing Counseling Program can assist potential or current renters and homeowners by providing counseling on seeking, financing, maintaining, renting, or owning a home. The program also addresses homelessness through counseling and assists homeowners in need of foreclosure assistance. Counseling is provided by HUD-approved housing counseling agencies. For more information, including a listing of HUD-approved housing counseling agencies, visit https://www.hud.gov/i_want_to/talk_to_a_housing_counselor.

Educational Materials for New Immigrants and Refugees

New immigrants and refugees can face many difficulties upon first arriving in the U.S. One of the biggest adjustments can be getting used to life in a new home. A range of educational materials have been developed by experts to ease this transition. The materials were developed by Dr. Kristina Korfmacher at the University of Rochester, in New York, who is one of OLHCHH's former grantees and a longstanding innovator on practical lead and healthy homes issues. The guide is available for free download in five languages, and as a children's coloring book. Video versions are expected soon.

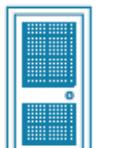
Landlords, property managers, and support organizations may also find it useful to better understand some of the challenges refugees and immigrants encounter when arriving here. To access and learn more, visit: <https://www.rochesterrefugeservices.org/housing-programs/healthy-home/>.

Resources in Other Languages

OLHCHH offers stakeholders a wide range of educational materials in different languages. The last four pages of this guide are examples of Healthy Homes Hazards Summary Charts in Hmong and Spanish. Each addresses the key issues that affect health and safety due to conditions in the home (also available in French, Russian, Arabic and Chinese). Many materials for rebuilding homes following natural disasters are available in Spanish.

You can use the following three pages of infographics for your NLPPW outreach and for the entire year.

Keep Your Home Healthy and Safe

Every Day	Every Week	Every Month	Every 6 Months	Every Year
				
Turn on a fan when taking a bath or shower	Change and wash bedding	Clean air vents and replace filters	Clean roofs of leaves and debris	Wash off mold and mildew from exterior walls and roofs
				
Put trash in garbage cans	Vacuum carpeting and sweep/wet clean other floors	Test smoke and carbon monoxide detectors (change batteries every 6 months)	Clean exhaust fans	Check walls for cracks and holes. Seal up cracks and holes
				
Wipe countertops	Clean bathrooms and kitchens	Trim trees and bushes. Clear leaves and debris from around your home	Test your outlets for short-circuits	Inspect screens and replace any that have holes
				
Keep floors dry and clean	Remove clutter. Dust surfaces of furniture	Check for water leaks, inspect pumps	Check all locks and deadbolts on your doors and windows	Check roofs for leaks and damage. Repair damaged areas

Know Your Facts About Lead Poisoning in Your Home



If you live in a house built before 1978, a certified inspector or risk assessor can check your home for lead paint or lead-based hazards.



Lead can be found in drinking water. The most common sources of lead in drinking water are lead pipes, faucets, and fixtures



The most common source of lead exposure is from lead-based paint, which was used in many homes built before 1978

Children can become exposed to lead by:

- Putting their hands or other lead-contaminated objects in their mouths
- Ingesting lead-contaminated dust
- Eating paint chips found in homes from peeling or flaking lead-based paint
- Drinking water that comes from lead pipes

Get Your Home and Your Children tested!

HUD.GOV/PROGRAM_OFFICES/HEALTHY_HOMES/NLPPW



OFFICE OF
LEAD HAZARD CONTROL
AND HEALTHY HOMES

Healthy
Children

Healthy
Families

Healthy
Communities



Healthy Homes
Partnership



- No safe blood level in children has been identified
- Lead is a toxic element, which especially affects young children. When absorbed into the body, it can result in damage to the brain and nervous system, learning and behavior problems, slow growth and development, and hearing and speech problems
- Lead poisoning is preventable! The key is to keep children from coming into contact with lead

Act early to get your child tested for lead. Children's blood levels tend to increase from 6 to 12 months of age and tend to peak at 18 to 24 months of age. A simple blood test can detect lead.

Consult your healthcare provider for advice on blood lead testing.

Know Your Facts About Hazards In Your Home



HUD.GOV/PROGRAM_OFFICES/HEALTHY_HOMES

Use your smart phone to scan the QR codes or call the phone numbers (or teletype 711) in each box for more information.

Lead



When lead is absorbed into the body, it can result in damage to the brain and nervous system, learning and behavior problems, slow growth and development, and hearing and speech problems.

(800) 424 LEAD
[800-424-5323]

Radon



Radon is a colorless, odorless, tasteless radioactive gas. Radon gas decays into particles that can get trapped in your lungs when you breathe and lead to lung cancer over the course of your lifetime.

(800) SOS RADON
[800-767-7236]



Carbon Monoxide



Carbon monoxide (CO) is an odorless, colorless gas. CO is found in fumes produced any time you burn fuel in stoves, furnaces, grills, fireplaces, gas ranges, or cars. If you breathe in a lot of CO it can make you pass out or kill you!

If you think you are exposed to carbon monoxide, CALL 911

Poisons



Most poison exposures occur in the home. Household items can be poisonous when used by the wrong person in the wrong way like pesticides, laundry packets, cleaners and personal care products.

24-hour Poison Control Hotline
[800] 222-1222



1

Humedad y crecimiento de moho

Causado por ácaros, moho o crecimiento de moho generado por mucha humedad. Incluye peligros para la salud mental y el bienestar social causado por vivir con humedad, manchas de humedad o crecimiento de moho.

Personas más vulnerables: de 14 años o menores

2

Frío excesivo

Causado por temperaturas excesivamente frías en interiores.



Personas más vulnerables: de 65 años o mayores

3

Calor excesivo

Causado por temperaturas excesivamente altas en interiores.

Personas más vulnerables: de 65 años o mayores

4

Asbesto, sílice y otras MMF

Causado por niveles excesivos de sílice, asbesto y fibras minerales artificiales (MMF, por sus siglas en inglés)



Personas más vulnerables: no hay un grupo específico

5

Biocidas

Peligros para la salud generados por aquellas sustancias químicas utilizadas para tratar madera y el crecimiento de moho en la vivienda. Si bien los biocidas incluyen insecticidas y rodenticidas para controlar las plagas (p. ej., cucarachas o ratas y ratones), estos no se tienen en cuenta para los fines de la capacitación sobre la Herramienta de calificación de hogares seguros (HHRT).

Personas más vulnerables: no hay un grupo específico

6

Monóxido de carbono y productos de combustión de gasolina

Niveles excesivos de monóxido de carbono (CO), dióxido de nitrógeno (NO₂), dióxido de azufre (SO₂) y humo en la atmósfera de la vivienda.



Personas más vulnerables: no hay un grupo específico

Personas más vulnerables: Para el CO, de 65 años o mayores. Para el NO₂, el SO₂ y el humo, no hay un grupo específico

7

Plomo

Ingesta de polvo o escombros de pintura a base de plomo, o restos de tuberías de agua con plomo.

Personas más vulnerables: de 6 años o menores

8

Radiación

Esta categoría cubre los peligros para la salud generados por el radón y sus descendientes, principalmente transportados por el aire, pero también por el radón disuelto en agua.

Personas más vulnerables: todas las personas de entre 60 y 64 años que han estado expuestas durante toda su vida

9

Gas no quemado

Gas que se fuga en la atmósfera dentro de una vivienda.

Personas más vulnerables: no hay un grupo específico

10

Compuestos orgánicos volátiles

Los compuestos orgánicos volátiles (COV) son diversos grupos de sustancias químicas orgánicas, incluido el formaldehído, que están en estado gaseoso a temperatura ambiente y se encuentran en una amplia variedad de materiales en el hogar.

Personas más vulnerables: no hay un grupo específico

efecto psicológico asociado con la vista desde la vivienda.



Personas más vulnerables: no hay un grupo específico

14

Ruido

Cubre los peligros para la salud física y mental generados por la exposición al ruido dentro de la vivienda o del terreno que rodea dicha vivienda.

Personas más vulnerables: no hay un grupo específico

15

Higiene doméstica, plagas y desechos

Cubre los peligros que pueden surgir del mal diseño, disposición y construcción, de modo que la vivienda no pueda mantenerse limpia ni higienizada sin problemas, que no se pueda acceder a ella ni refugiarse allí, que haya plagas y una disposición para el almacenamiento o el deseche de basura doméstica inadecuada o no higiénica.



Personas más vulnerables: no hay un grupo específico



Personas más vulnerables: no hay un grupo específico

13

Iluminación

Esta categoría cubre los peligros para la salud física y mental asociados con la luz natural o artificial inadecuada. Incluye el

EL EFECTO DEL DEFECTO

Peligros en el hogar identificados por el Sistema de calificación de hogares seguros

16

Seguridad alimenticia

Peligros de infección generada por falta de adecuación del suministro y las instalaciones para almacenar, preparar y cocinar alimentos.

Personas más vulnerables: no hay un grupo específico

17

Higiene personal, saneamiento y desagüe

Peligros de infección y peligros para la salud mental asociados con la higiene personal, lo que incluye las instalaciones de aseo personal y lavado de ropa, el saneamiento y el desagüe. No incluye problemas con plagas asociadas con instalaciones que cuentan con desagües defectuosos.

Personas más vulnerables: niños menores de cinco años

18

Suministro de agua

Cubre la calidad y adecuación del suministro de agua para beber y para fines domésticos dentro de la vivienda, como cocinar, lavar, limpiar y desinfectar. Además de la adecuación, incluye los peligros para la salud que surgen de la contaminación por bacterias, protozoos, parásitos, virus y contaminantes químicos.

Personas más vulnerables: no hay un grupo específico

19

Caídas asociadas con bañeras, etc.

Esta categoría incluye cualquier caída asociada con una bañera, una ducha o instalaciones similares.

Personas más vulnerables: de 60 años o mayores

20

Caídas en superficies niveladas, etc.

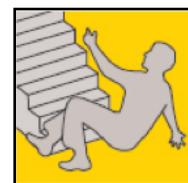
Esta categoría cubre las caídas en superficies niveladas, como pisos, patios y aceras. También incluye caídas asociadas con tropiezos en escalones, entradas o rampas, donde el cambio de nivel es menor que 12 pulgadas o 300 mm.

Personas más vulnerables: de 60 años o mayores

21

Caídas en escaleras, etc.

Esta categoría cubre cualquier caída asociada con escaleras, escalones y rampas, donde el cambio de nivel es mayor que 12 pulgadas o 300 mm.



Personas más vulnerables: de 60 años o mayores

22

Caídas entre niveles

Esta categoría cubre caídas de un nivel a otro, dentro o fuera de la vivienda, donde la diferencia de niveles es mayor que

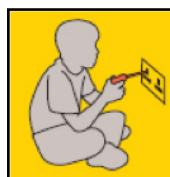
12 pulgadas o 300 mm. Incluye, por ejemplo, caídas de ventanas, balcones o rellanos, caídas de techos accesibles, caídas a pozos subterráneos y de muros de contención de jardín.

Personas más vulnerables: de cinco años o menores

23

Peligros eléctricos

Esta categoría cubre peligros de choque y quemaduras generados por la exposición a la electricidad, incluidas las caídas de rayos. (No incluye riesgos asociados con el incendio provocado por deficiencias en las instalaciones eléctricas, como la ignición de material debido a un cortocircuito).



Personas más vulnerables: de cinco años o menores

24

Fuego

Esta categoría cubre los peligros por exposición al fuego descontrolado y al humo asociado con dicho fuego en una vivienda.

Personas más vulnerables: de 60 años o mayores

25

Llamas, superficies calientes, etc.

Esta categoría cubre peligros de quemaduras o lesiones causadas por el contacto con una llama o con el fuego, el contacto con objetos calientes o líquidos calientes no basados en agua y escaldaduras o lesiones

causadas por el contacto con líquidos o vapores calientes. Incluye quemaduras causadas por ropa que se prende fuego como consecuencia de una llama o un incendio controlado.

Personas más vulnerables: de cinco años o menores

26

Choque o atrapamiento

Esta categoría incluye riesgos de lesiones físicas debido al atrapamiento de partes del cuerpo en funciones arquitectónicas, como extremidades o dedos atrapados en puertas o ventanas, y el choque (estrellarse) con objetos, como el vidriado, las ventanas, las puertas, las paredes y los cielorrasos bajos de la arquitectura.



Personas más vulnerables: de cinco años o menores (16)

27

Explosiones

Esta categoría cubre el peligro del estallido de una explosión, de los escombros generados por la explosión y del colapso parcial o total de un edificio como resultado de una explosión.

Personas más vulnerables: no hay un grupo específico

28

Posición y funcionalidad de las instalaciones, etc.

Esta categoría cubre amenazas de esfuerzo físico asociadas con el espacio funcional y otras características de las viviendas.



Personas más vulnerables: de 60 años o mayores

29

Colapso estructural y caída de elementos

Cubre el peligro del colapso total de la vivienda, de que un elemento o parte de la estructura se desplace o caiga debido a un arreglo inadecuado, al mal estado o como resultado de condiciones climáticas adversas. Las fallas estructurales pueden ocurrir de forma interna o externa dentro del terreno, donde generan un peligro para los ocupantes, y de forma externa, fuera de dicho terreno, donde generan un riesgo para el público.

Personas más vulnerables: no hay un grupo específico

1

Kev Noo ntau thiab kev loj hlob ntawm Cov Pwm

Tau tsim muaj los ntawm kev loj hlob ntawm cov hmob plua tshauv, cov pwm los sis cov kab nceb uas tau tsim muaj los ntawm kev noo thiab/los sis muaj kev noo siab heev. Nws suav nrog cov teeb meem rau kev noj qab haus huv fab hlwb thiab kev noj qab nyob zoo ntawm zej tsoom uas tau tsim muaj los ntawm kev ua neej nrog qhov noo, kev pleev xim tseem noo thiab/los sis kev loj hlob ntawm cov pwm.

Muaj kev phom sij tshaj plaws:

Cov 14 xyoos los sis qis dua

2

No dhau

Tau tsim muaj los ntawm qhov kub txias sab hauv tsev txias dhau.



Muaj kev phom sij tshaj plaws:

Cov 65 xyoos los sis laus dua

3

Kub dhau

Tau tsim muaj los ntawm qhov kub txias ntawm huab cua sab hauv tsev siab dhau.

Muaj kev phom sij tshaj plaws:

Cov 65 xyoos los sis laus dua

4

Hmoov Pob Zeb, Silica thiab lwm cov MMF

Tau tsim muaj los ntawm cov theem ntawm silica, hmoov pob zeb thiab cov hlub hluas pob zeb av tib neeg-tsim los (MMF).



Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

5

Cov Tshuaj Tua Nroj

Cov teeb meem rau kev noj qab haus huv los ntawm cov kuab tshuaj uas tau muab siv los pleev ntoo kom kab txhob noj thiab kev loj hlob ntawm cov pwm hauv qhov chaw nyob. Txawm tias cov tshuaj tua nroj yuav hais txog cov tshuaj tua kab thiab tshuaj lom nas kom tswj cov kab tsuag (piv txwv li. kab laum los sis nas tsuag thiab nas), qhov no tsis xam tias yog nyob rau cov hom phiaj ntawm Lub Cuab Yeej Ntaus Nqi Kev Noj Qab Haus Huv Ntawm Tsev Neeg (HHRT).

Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

6

Cov pa carbon monoxide thiab cov khoom siv hlawn roj av

Cov theem ntawm cov pa carbon monoxide, cov pa nitrogen dioxide, cov pa sulphur dioxide thiab pa taws siab dhau hauv cov huab cua hauv chaw nyob.



Muaj kev phom sij tshaj plaws:

Txhuav cov tib neeg muaj hnub nyog 60 - 64 xyoos uas muaj kev chwu rau tag nrho lub neej

7

Kua txhuas

Kev nqos tau cov plua tshauv xim pleev tsev-muaj txhuas, khib nyiab los sis cov thoj dej uas muaj txhuas.

Muaj kev phom sij tshaj plaws:

Cov 6 xyoo los sis yau dua

8

Hluav taws xob

Hauv pawg no suav nrog cov teeb meem rau kev noj qab haus huv los ntawm cov pa radon thiab nws cov caj ces, uas feem ntau muaj nyob hauv huab cua, tab sis cov pa radon kuj tseem yaj mus rau hauv dej tau thiab.

Muaj kev phom sij tshaj plaws:

Txhuav cov tib neeg muaj hnub nyog 60 - 64 xyoos uas muaj kev chwu rau tag nrho lub neej

9

Cov pa roj av uas tsis txais hluav taws

Cov pa roj av uas yaj nkag mus rau hauv huab cua hauv chaw nyob.

Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

10

Cov Kuab Sib Tshuam Hauv Hav Zoov Hav Tsuag Uas Yaj Tau Yooj Yim

Cov kuab sib tshuam hauv hav zoov hav tsuag uas yaj tau yooj yim (VOCs) yog pawg kuab tshuaj muaj nyob hauv hav zoov hav tsuag ntawu yam uas suav muaj cov pa formaldehyde, uas yog cov pa nyob rau ntawm qhov kub txias hauv chav nyob, thiab pom muaj nyob hauv ntawu hom ntawm cov khoom siv hauv tsev.

Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

teeb meem rau kev noj qab haus huv ntawm lub cev thiab siab ntsws cuam tshuam nrog cov teeb ci los ntawm lub ntuj thiab/los sis neeg tsim tawn los uas ci tsis txaus. Nws suav nrog kev cuam tshuam txog siab ntsws kev xav cuam tshuam nrog kev ntsia pom los ntawm qhov chaw nyob.



Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

11

Cov Neeg thiab Chaw Nyob

Hauv pawg no suav muaj cov kev phom sij cuam tshuam nrog qhov tsis muaj chaw seem hauv chaw nyob rau kev ua neej, chaw pw thiab lub neej hauv tsev neeg/yim neeg li ib txwm.

Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

12

Nkag los ntawm Cov Tub Sab

Cov kev nyuaj hauv kev ua rau qhov chaw nyob muaj kev ruaj ntseg tawm tsam rau kev nkag los yam tsis tau kev tso cai thiab kev tswj hwm saib xyuas qhov chaw muaj kev tiv thaiv.



Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

15

Kev Tu Huv Hauv Tsev, Kab Tsuag thiab Khib Nyiab

Suav nrog cov kev phom sij uas tuaj yeem tshwm sim los ntawm kev tawm quav, qhov txheej txheem thiab kev tsim vaj tse tsis zoo li ntawd qhov chaw nyob thiab tsis tuaj yeem muab ua kom huv si thiab tu huv tau; kev nkag tau, thiab kev muab kaw tau cov kab tsuag cia sab hauv qhov chaw nyob; thiab kev npaj tseg uas tsis txaus thiab tsis huv si rau kev khaws thiab muab pov



13

Kev taws teebs

Hauv pawg no suav nrog cov

Cov Kev Phom Sij Hauv Vaj Tse Tau Txheebs
Pom hauv Lub Laj Npauv Kev Muab Tus Nqi Txog Lub Tsev Uas Xis Nyob

Muaj kev phom sij tshaj plaws:

Hais Txog Cov Pa CO - 65 xyoo nce mus; Rau Cov Pa NO2, SO2 thiab pas taws - tsis muaj pab pawg tshwj xeeb

7

Kua txhuas

Kev nqos tau cov plua tshauv xim pleev tsev-muaj txhuas, khib nyiab los sis cov thoj dej uas muaj txhuas.

Muaj kev phom sij tshaj plaws:

Cov 6 xyoo los sis yau dua

8

Hluav taws xob

Hauv pawg no suav nrog cov teeb meem rau kev noj qab haus huv los ntawm cov pa radon thiab nws cov caj ces, uas feem ntau muaj nyob hauv huab cua, tab sis cov pa radon kuj tseem yaj mus rau hauv dej tau thiab.

Muaj kev phom sij tshaj plaws:

Txhuav cov tib neeg muaj hnub nyog 60 - 64 xyoos uas muaj kev chwu rau tag nrho lub neej

9

Cov pa roj av uas tsis txais hluav taws

Cov pa roj av uas yaj nkag mus rau hauv huab cua hauv chaw nyob.

Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

11

Cov Neeg thiab Chaw Nyob

Hauv pawg no suav muaj cov kev phom sij cuam tshuam nrog qhov tsis muaj chaw seem hauv chaw nyob rau kev ua neej, chaw pw thiab lub neej hauv tsev neeg/yim neeg li ib txwm.

Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

12

Nkag los ntawm Cov Tub Sab

Cov kev nyuaj hauv kev ua rau qhov chaw nyob muaj kev ruaj ntseg tawm tsam rau kev nkag los yam tsis tau kev tso cai thiab kev tswj hwm saib xyuas qhov chaw muaj kev tiv thaiv.



Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

15

Kev Tu Huv Hauv Tsev, Kab Tsuag thiab Khib Nyiab

Suav nrog cov kev phom sij uas tuaj yeem tshwm sim los ntawm kev tawm quav, qhov txheej txheem thiab kev tsim vaj tse tsis zoo li ntawd qhov chaw nyob thiab tsis tuaj yeem muab ua kom huv si thiab tu huv tau; kev nkag tau, thiab kev muab kaw tau cov kab tsuag cia sab hauv qhov chaw nyob; thiab kev npaj tseg uas tsis txaus thiab tsis huv si rau kev khaws thiab muab pov



tseg ntawm cov khib nyiab hauv yim neeg.

Muaj kev phom sij tshaj

plaws:

Tsis Muaj Pab Pawg Tshwj Xeeb

16

Kev Nyab Xeeb Ntawm

Zaub Mov

Cov teeb meem kev kis tau kab mob uas tshwm sim los ntawm cov kev npaj thiab cov chaw muab kev yooj yim rau lub chaw khaws khoom tsis txaus, kev npaj zaub mov thiab kev ua noj ua haus.

Muaj kev phom sij tshaj plaws:

Tsis Muaj Pab Pawg Tshwj

Xeeb

17

Kev Tu Huv Ntiag Tug, Chav Plob Sab thiab Kwj Deg Tso Dej Qias Neeg

Pov Tseg

Cov teeb meem ntawm kev kis kab mob thiab cov teeb meem ntawm kev noj qab haus huv fab hlwb cuam tshuan nrog kev tu huv ntiag tug, suav nrog kev ntxauv tus kheej thiab qhov chaw txhua khaub ncaws, chav plob sab thiab kwj deg tso dej qhias neeg pov tseg. Nws tsis suav nrog cov teeb meem nrog cov kab tsuag cuam tshuan nrog cov chaw tso tus kwj deg tso dej qhias neeg pov tseg tsis zoo.

Muaj kev phom sij tshaj plaws:

Cov me nyuam yaus hnub

nyoog qis dua 5 xyos

18

Dej siv

Hais txog cov dej siv uas huv zoo thiab txaus hauv qhov chaw nyob rau kev haus thiab rau cov hom phiaj kev siv hauv tsev xws li ua noj ua haus, ntxhua khaub ncaws, tu vaj tse thiab chav plob sab. Ib Yam nkaus li kev nrhiaf cia kom txaus, nws tseem suav nrog cov teeb meem rau kev noj qab haus huv los ntawm kev paug rau cov kab mob, cov kab mob protozoa, cov cab, cov kab mob vais lav, thiab cov kuab tshuaij lom.

Muaj kev phom sij tshaj

plaws:

Tsis Muaj Pab Pawg Tshwj

Xeeb

19

Cov kev ntog cuam tshuan nrog Kev Da Dej thiab lwm yam

Hauv pawg no suav nrog ib qhov kev ntog twg uas cuam tshuan nrog kev da dej, tus kais da dej los sis qhov chaw zoo sib xws li ntawd.

Muaj kev phom sij tshaj

plaws:

60 xyos los sis laus dua

20

Kev ntog hauv Cov Npoo Sib Txig thiab lwm yam

Hauv pawg no suav nrog kev ntog hauv ib qhov npoo sib txig twg xws li cov npoo hauv pem teb, hauv lub vaj, thiab cov kev taug. Nws kuj tseem suav nrog kev ntog uas cuam tshuan nrog cov theem ntaiv, taw roo, los sis txoj kev taj, qhov muaj qhov sib txawv ntawm qhov taj tsawg dua 12 nti los sis 300 mm.

Muaj kev phom sij tshaj

plaws:

Cov 60 xyoo los sis laus dua

21

Kev Poob Ntaiv thiab lwm yam

Hauv pawg no suav nrog ib qo kev poob twg uas cuam tshuan nrog cov taw ntaiv, cov theem ntaiv thiab txoj kev taj uas muaj qhov hloov pauv hauv qhov taj loj dua 12 nti los sis 300 mm.



Muaj kev phom sij tshaj

plaws:

60 xyos los sis laus dua

22

Kev poob nyob nruab nrab ntawm Cov Theem

Hauv pawg no suav muaj kev poob los ntawm ib

theem mus rau lwm theem, sab hauv los sis sab nraum zoov ntawm qhov chaw nyob, qhov uas muaj qhov sib txawv hauv cov theem ntau dua 12 nti los sis 300 mm. Nws suav muaj, piv txwv li, kev poob lub qhov rais, pob los ntawm kab khav los sis lub txaj sab nraum zoov, kev poob los ntawm lub ru tsev uas nkag mus txog tau, poob mus rau hauv lub qhov dej hauv chav qab av, thiab poob saum cov laj kab thaiv vaj.

Muaj kev phom sij tshaj

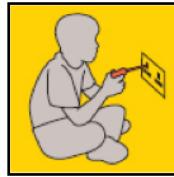
plaws:

Cov 60 xyos los sis laus dua

23

Cov Kev Phom Sij Los Ntawm Hluav Taws Xob

Hauv pawg no suav muaj cov kev phom sij los ntawm hluav taws nqus thiab kub hnyiab uas tshwm sim los ntawm kev chwv rau hluav taws xob, suav nrog los nawm xob tua. (Nws tsis suav nrog cov kev pheej hmoo uas cuam tshuan nrog hluav taws kub hnyiab uas tau tsim muaj los ntawm kev nruab hluav taws xob tsis zoo, xws li kev cig nplaim ntawm qhov khoom siv hluav taws xob sib txais.)



Muaj kev phom sij tshaj

plaws:

Cov 5 xyos los sis yau dua

24

Hluav taws kub hnyiab

Hauv pawg no suav muaj cov keeb meem los nawm kev chwv rau hluav taws kub hnyiab uas tsis tuaj yeem tswj tau thiab cuam tshuan nrog pa taws hauv qhov chaw nyob.

Muaj kev phom sij tshaj

plaws:

Cov 60 xyoo los sis laus dua

25

Cov Nplaim Taws, Cov Npoo Kub thiab lwm yam

Hauv pawg no suav muaj cov teeb meem ntawm cov kev kub hnyiab - cov kev raug mob uas tau tsim muaj los ntawm kev chwv rau cov kua kub thiab cov pa ntshawb. Nws suav nrog cov kev kub hnyiab uas tau tsim muaj los ntawm khaub ncaws kis hluav taws los ntawm hluav taws kub hnyiab los sis nplaim taws uas tswj hwm tau.

Muaj kev phom sij tshaj

plaws:

Cov 5 xyoo los sis yau dua

Muaj kev phom sij tshaj
plaws:

Tsis Muaj Pab Pawg Tshwj
Xeeb

28

Qhov Chaw thiab Lub Peev Xwm Ntawm Qhov Chaw Pab Cuam Yooj Yim thiab lwm yam

Hauv pawg no suav muaj cov teeb meem ntawm kev tsis xis nyob ntawm lub cev uas cuam tshuan nrog qhov chaw ua hauj lwm thiab lwm qhov yam ntxww ntawm cov chaw nyob.



Muaj kev phom sij tshaj
plaws:

Cov 5 xyoo los sis yau dua

26

Kev Sib Tsoo thiab Kev Cuab Thaiiv

Hauv pawg no suav nrog cov kev pheej hmoo ntawm kev raug mob rau lub cev los ntawm kev tais cov feem twg ntawm lub cev hauv cov yam ntxww ntawm lub vaj tse, xws li tes taw los sis cov ntiv tes daig hauv cov qhov rooj los sis qhov rais; thiab nrau (tsoo nrog) cov khoom xws li cov iav hauv vaj tse, cov qhov rais, cov qhov rooj, nqaj nthab qis thiab cov phab ntsa.



Muaj kev phom sij tshaj

plaws:

Cov 5 xyos los sis yau dua

29

Kev Nphau Ntawm Lub Tsev thiab Cov Khoom Poob Los

Suav muaj cov teeb meem ntawm kev nphau ntawm qhov chaw nyob tag nrho, los sis ntawm qhov khoom los sis ib feem ntawm cov ntaub uas tau txais kev hloov chaw los sis poob vim rau qhov kev khuam tsis khov txaus, tsis tau kho, los sis raws li yog qhov tshwm sim ntawm cov xwm txheej huab cua tsis zoo. Lub tsev uas tsis zoo siv tuaj yeem tshwm sim rau sab hauv los sis sab nraud hauv ib puag ncig ntawm qhov chaw nyob tsim kev hem thawj rau cov neeg nyob, los sis sab nraum ib puag ncig ntawm qhov chaw nyob sab nraud ua rau muaj kev pheej hmoo rau tej pej xeem.

Muaj kev phom sij tshaj
plaws:

Tsis Muaj Pab Pawg Tshwj
Xeeb

27

Cov kev tawg

Hauv pawg no suav muaj teeb meem los ntawm kev tawg ntawm hoob pob, los ntawm cov khib nyiab uas tau tsim muaj los ntawm kev tawg, thiab los ntawm kev nphau ib nrab los sis tag nrho ntawm lub tsev raws li yog qhov tshwm sim ntawm kev tawg.