



Utzilal K'axk'olom rech Ajawarem pa Massachusetts

Nawoma'aj Ruwäch K'aslemal

Chakunem K'oxomal K'olik Re K'ojlem Re Wachib'al

Nawoma'aj Ruwäch K'aslemal

jun chakunem k'oxomal pa wachib'al achi', chuwäch ri' k'ut k'o chi katz'ib'äx jun juk'ul ruk'ux ri k'iq' o i'. K'are' k'ut nuya' q'ij chi katzalaj chi k'atzinel k'oxomal k'o pa k'olik.

¿Achike k'oxomal k'olik?

K'oxomal k'olik k'ojomaxik ri k'oxomal k'aslemalil (natüral) o ri tz'aqatik ri katok pa:

- Ik' ri naqa'oj
- Wuj ri wa'oj
- Ja' ri uk'oj
- K'oxomal ri ch'awem
- Ulew ri k'oj pa chuwäch qachoch

Ejemplo ri k'oxomal k'olik k'oj pa:

- K'oxomal rech q'ijul, achi'el plomo chuwäch merkuryo
- Polychlorinated biphenyls (PCBs)

K'ax k'u'x ri k'oxomal k'olik ruk'ux ri q'ij. Man k'ax chi katz'ul taq chi ri' ruk'ux.



¿Achike ri k'axk'olom chi biomonitoring k'o ri utzij ri achi'?

K'o chi utzij nuwach ri man k'o:

- Katzalaj chi k'oxomal k'olik
- Ruk'ux ri wachib'al ri k'oxomal k'olik ruk'ux ri chij rech ri man chi k'o

Ri Utzilal K'axk'olom rech Ajawarem pa Massachusetts (DPH) k'o chi utzij rech ri ruk'ux ri man k'o chi kach'akul ri k'oxomal k'olik.

¿Achike ri k'axk'olom chi biomonitoring k'o ri utzij rech qach'och o rech rajil?

Ri k'axk'olom chi biomonitoring k'o chi ujk'otaj ri k'oxomal k'olik ruk'ux ri qach'och rech Massachusetts. K'are' ri k'o chi aj Utzilal K'axk'olom rech Ajawarem (DPH) kach'akul chi ruk'ux ri k'aslemal ri winaq.





¿Achike ri toq'ob winaq k'oxomal k'olik ruk'ux ri k'iq' o i'?

Je', toq'ob k'u'x ri k'oxomal k'olik ruk'ux ri wachib'al. Man k'o chi katz'ul ri k'aslemal ri winaq. Ri' k'ax k'o chi:

- Ri k'axk'ol ri achi' rech ri k'oxomal
- Ri k'utal ri wachib'al rech ruchi' ri k'oxomal
- Ri jujun k'oxomal ruk'ux ri wachib'al
- Ri q'ij rech ri katz'alaj chi ri k'oxomal

¿Achike ri toq'ob k'u'x ri man k'ak'ul chi k'aslemal ruk'ux ri winaq?

Jun toq'ob winaq k'o ri man k'ak'ul chi k'aslemal ruk'ux ri winaq. Ri ri' k'o chi:

- Winaq rech k'utun ri q'ij rech ri k'aslemal
- Ixoq' ri ruk'u'x ri kojb'al
- Ri ajkan ri ruk'u'x ri junam rech k'utun
- Winaq ruk'u'x 65 o man k'u'x

¿Achike ri man k'o chi k'ajb'al?

Pa Massachusetts, ixoq' chik ri ruk'u'x ri kojb'al k'o chi k'ajb'al ri k'iq' pa k'atzinel plomo ruk'ux ri ruk'ux ri k'aslemal rech ruk'ux ri achi'. K'amawa' ri utzilal k'axk'olom rech ajawarem k'o chi ruk'ux ri biomonitoring ch'akul chi k'amul rech winaq. Chi ri k'amul, ri qach'och k'o chi ruk'ux chi k'ajb'al ruk'ux ri k'oxomal k'olik man kin chi ch'akul.

¿Achike ri man k'o chi ruwäch ri chikanel chi biomonitoring?

Pa Massachusetts, ri Laboratorio rech Utzilal K'axk'olom rech Ajawarem (DPH) ri man k'o chi ruwäch ri chikanel. Ri DPH k'o chi k'axk'olom k'ut ri utzij rech ri k'axk'olom.



Pa ruk'ux ri utzij ri biomonitoring pa Massachusetts, k'o chi ruk'ux ri kamik:

Utzilal K'axk'olom rech Ajawarem pa Massachusetts
Ofisina rech K'iche'lal k'aslemalil y K'oxomal K'olik
K'amal rech K'oxomal Tokikoloxik, K'axk'olom chi Ruk'ux Ri Man K'ak'ul,
K'ajb'al chi Ruk'ux Pa Kach'akul
250 Washington Street, MA 02108
Teléfono: 617-624-5757 | TTY: 617-624-5286
www.mass.gov/dph/biomonitoring



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