

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገር ስኬታማ የሚያደርግዎታል ቀልፎች
 የግል ንጽህና - 1

Safe, Smart and Healthy – Keys to Success in Your New Home
 Personal Hygiene - 1

AMHARIC

<p>ወይዘሮ ሊ. የግል ንጽህናን መጠበቅ እንዴት አስፈላጊ እንደሆነ ተምራለች። ለቤተሰብዎ ጤንነት የግል ንጽህና በጣም አስፈላጊ ነው። ጥርስዎ፣ ሰውነትዎ እና ልብሶችዎ በየጊዜው በንጽህና ካልተያዙ እና ካልተጠቡ፣ ሊታመሙ ይችላሉ። ወይዘሮ ሊ. በስራዋ ስኬታማ ለመሆን እንዲሁም ሴት ልጅዋ በትምህርትዋ ስኬታማ እንድትሆን የግል ንጽህናም አስፈላጊ እንደሆነ ታውቃለች ።</p>	<p>Mrs. Li has learned how important it is to take care of personal hygiene. Personal hygiene is very important to the health of your family. If your teeth, body, and clothes are not kept clean and washed frequently, you can get sick. Mrs. Li knows that personal cleanliness is also important so that she can be successful at work, and her daughter can succeed at school.</p>
<p>ወይዘሮ ሊ. እና ሴት ልጅዋ ለአፋቸው እና ለጥርሳቸው ልዩ የሆነ እንክብካቤ ያደርጋሉ። ጥርሶዎን ዘወትር ጠዋት ጠዋት እንዲሁም ወደ መኝታ ከመሄድዎ በፊት በጥርስ ብሩሽ እና በጥርስ ሳሙና መሞረሽ በጣም አስፈላጊ ነው። ጥርስዎን በየጊዜው ካልሞረሹ ጥርስዎ የተበከለ ይሆን እና ህመም ሊያመጣብዎ ይችላል። ሊወልቅም ይችላል።</p>	<p>Mrs. Li and her daughter give special care to their mouth and teeth. It is very important to brush your teeth with a toothbrush and toothpaste every morning, and also before you go to bed. If you don't brush your teeth regularly they will become infected and can cause you pain. They might even fall out.</p>

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