

**የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገርዎ ስኬታማ የሚያደርግዎ ቀልፎች  
የግል ገጽህና - 7**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene - 7**

**AMHARIC**

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| <p>ወይዘሮ ሊ ከሴት ልጅዋ ትምህርት ቤት ልጆች ለአራስ ቅጣል ተጋልጠው እንደነበር ተገልጿል። በአራስ ቆይታ ላይ አራሱን ደብቆ የሚቀመጥ ነፍሳት ነው። የልጅዋን ጸጉር እና የአራስ ቆይታ ማየት ቅጣል መፈለግ እና ቅጣሉን ለማስወገድ የሚያስፈልገውን መመሪያ መከተል አለባት።</p> | <p>Mrs. Li was notified by her daughter’s school that the children had been exposed to head lice, an insect that buries itself in the scalp. She had to check her daughter’s head and scalp for lice and then follow specific instructions to get rid of the lice.</p> |
| <p>በልጅዋ ጸጉር እና የራስ ቆይታ ላይ ያለውን ቅጣል ለመግደል መድሃኒትነት ያለው ሽምጋ ያስፈልጋታል። ከዚያው በቤት ውስጥ ያሉትን ሁሉንም መኝታዎች እና አልባሳት በፈላ ውሃ ማጠብ ይጠበቅባታል።</p>   | <p>Her daughter needed a medicated shampoo to kill the lice in her hair and scalp, and they then needed to wash all the bedding and clothes in the house with hot water.</p>   |
| <p>ሊ ተጠብቶ የማይቸሉ ሰው ሰራሽ አሻንጉሊቶች በታሽገ ላሰቲክ ውስጥ ለሁለት ሳምንት መቆየት አለባቸው። ይህ ማንኛውም ቅጣል በአሻንጉሊቶቹ ላይ የጣለው እንቅላል እንዲሞት ያደርጋል።</p>   | <p>Stuffed animals that cannot be washed must be put inside a sealed plastic bag for two weeks, to kill any eggs that the lice may have left inside.</p>   |

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