

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገር ስኬታማ የሚያደርግዎታል ቀልፎች  
 የምግብ አጠባበቅ እና የቤት አያያዝ - 1

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Food Safety and Housekeeping - 1**

**AMHARIC**

<p>ወይዘሮ ሊ የቤተሰብ ጤንነት መጠበቅ በጣም ጠቃሚ እንደሆነ ታውቃለች። አንዳችው ከታመመ፣ ወደ ስራ መሄድ አትችል ይሆናል።</p> <p>ቤት ልጅዎ ከታመመች፣ ወደ ትምህርት ቤት አትሄድም።</p> <p>ወይዘሮ ሊ በስራ ቦታም ሆነ በቤት እንዲሁም በትምህርት ቤት እጅን በውሃ እና በሳሙና መታጠብ ጤናማ ለመሆን እጅን አስፈላጊ እንደሆነ ጠንቅቃ ታውቃለች።</p>	<p>Mrs. Li knows how important it is to keep her family healthy. If they get sick, she might not be able to go to work. If her daughter is sick, she cannot go to school.</p> <p>Mrs. Li knows that the most important thing they can do to stay healthy while at work, home or school is to wash their hands often with soap and water.</p>
	<p>“Wash your hands regularly, especially after you’ve used the bathroom and before you sit down to eat.”</p>
<p>አሜሪካ ውስጥ እጅዎን እና ፊትዎን የሚታጠቡበት ከመታጠቢያ ገንዳ የሚመጣው ውሃ ለመጠጣትም ንፁህ ነው። የታሸገ ውሃ መግዛት አያስፈልግዎትም። በወጥ ቤት ወይም በመታጠቢያ ቤት ያለው ቧንቧ የሚመጣውን ውሃ ለመጠጥ መጠቀም ይችላሉ።</p> <p>ልጆችዎም ይህን ውሃ መጠጣት አለባቸው፣ ምክንያቱም ጥርሳቸውን ጠንካራ ከማድረጉም በላይ የጥርስ ወይም የድድ መበላሸትን ለመከላከል ይረዳል።</p>	<p>In America, the same water that comes from the sink where you wash your hands and face is also safe to drink. You do <i>not</i> need to buy bottled water. You can drink the water that comes out of the faucets in both the kitchen and bathroom.</p> <p>Your children should drink this water, because it will make their teeth stronger and help prevent tooth decay or cavities.</p>

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