

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.**

Pumpak ceu i dam nak caah i thian fai ning – 3

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene – 3**

HAKHA CHIN

<p>Mr. Ba nih a kut ttaawl a biapit ning kong a theih fiang. Zei tik hmanh ah a khuh nak cah ku a tongh ah siseh a hnar in haap a hnawh ah siseh chat piat le ti in a kut aa ttawl peng.</p> <p>Na kut thiang te in naa ttawl leng mang tik ah nang mah le na fa le hna zawt nak in na khamh hna cu cu a bia pi tuk mi a si.</p>	<p>Mr. Ba has also learned how very important it is to wash his hands. Anytime he coughs into a paper tissue or touches mucous from his nose, he goes to the sink to wash his hands with soap and water.</p> <p>Washing your hands frequently throughout the day is the most important thing you can do to stop the spread of germs and prevent illness—both for you and your children.</p>
<p>Alcohol-based gels ti i kut ttawl nak dawr kip ah na cawk khawh. Inn na um lo tik le ti le chat piat hna a um lo nak hmun na kal tik ah Alchohol- based gels hi kut ttawl peng nak ah a ttha bik cem.</p>	<p>Alcohol-based <i>gels</i> for cleaning your hands can also be purchased in stores. This is a good way to keep your hands clean when you are away from home and soap and water aren't available.</p>
<p>A ho poah zun put an kal khawh le nau zun tuam nak an thlen dih in an kut an i ttawl awk a si. Cu long si lo in rawl chuan lai le rawl ei lai poah ah kut ttawl hi a bia pi tuk mi a si.</p> <p>Kut tin riam le tin kar lak thenh zong hi dam nak ca ah bomtu an si ve. Kan tin kar lak a thur mi kan theuh lo ah cun midang cung ah zawt nak rungrul a chuah ter kho.</p>	<p>Everyone should always wash their hands after they use the toilet, and after they change a baby's diaper. It is also very important to wash your hands before cooking or eating food.</p> <p>It is also helpful to keep fingernails trimmed short, and to clean beneath the ends of your fingernails. Otherwise, dirt underneath your fingernails can spread germs to other people.</p>