

**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 – 6**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene – 6  
HAKHA CHIN**

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|---|---|
| <p>Mr. Adam nih American ram zunput le a mah a ram i zun put an i dang ti atheih. Khua awng a pemh mi sinak ah zeitin dah tikolh nak khan le zun put a si ning theih i a hman nign thiam hi a si ve.</p>  | <p>Mr. Adam found the toilets in America to be different than in his country. To be successful at work and school, it is very important that you know how to use the bathroom and use the toilet correctly.</p>   |
| <p>Mr. adam cu zunput a kal tik ah a tthu i ttha te in a lut dih le lut dih lo a chek leng mang. Zeitik hmanh zunput na kal tik ah dir hlah tthu peng.</p> <p>Mr. Adam a dih tik ah zunpuk thian ter ding ah hmeh nak kha a hmeh. Zunpuk na hman hnu ah, ti chuah nak caah hmeh ding kha i philh hlah.</p>            | <p>Mr. Adam sits down on the toilet seat to be certain that all of his waste goes into the toilet bowl. Never stand on the toilet seat.</p> <p>When Mr. Adam is finished he pushes down on the small handle or button to flush the toilet. You must flush the toilet every time it is used.</p> |
| <p>Zun, ek, zun put hman nu cah ku \ catlap long long na fenh ter hna lai, kut hnawh nak ca i chiah mi cah ku, nu hna hman mi tawdenh, a dang thil hme tete hna hlonh in hi na fenh ter lai lo.</p> <p>Zun puk hi bel khen ban tuk in hman ding a si lo. Mr. Adam adih tik ah a kut kholh ding ah a philh bal lo.</p> | <p>Flush <i>only</i> urine, feces, and toilet paper. Do not flush paper towels or feminine hygiene products, like sanitary napkins, pads or tampons.</p> <p>The toilet should never be used as a wash basin. Mr. Adam also remembers to wash his hands every time after he is finished.</p>     |
| <p>Mr. Ba le a nu pi nih thla cam hlan i, i ttawl nak nak kheng ah an i ttawl ah midang ca ruah zia an thiam. Ke ttawl nak kheng chung ah na ke hnim hlah, Na ke na ttawl tik poah ah towel asiloah cun puan hnot nak ding ah na put ih mah he na ke i ttawl ah a zoh aa dawh deuh.</p>                               | <p>Mr. and Mrs. Ba have learned how to be considerate of others when using a wash basin or sink to prepare for prayer. When you wash your feet it is best if you bring a cloth or towel to wipe your feet instead of putting your feet up into the wash basin or sink.</p>                      |
| <p>Mi pi hmai ah ti ttawl nak kuang he kut ke ttawl cu American ram ah cun aa dawh lo tak tak mi thil a si. Na ke na ttawl tik ah a leng i zal tluang ah atla mi ti dor hna kha ttavel in hnawt dih hna.</p>  | <p>In America it is considered very impolite or rude to use a wash basin or sink in a public place that is meant for hands to wash your feet. If you <i>do</i> wash your feet in the wash basin or sink, be sure to wipe up any water that may have splashed around it, and on the floor.</p>   |