

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အသီ

နီၣ်ကစၢ်တၢ်ကဆဲးကဆိ- 4

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 4**

KAREN

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| <p>နသ့စုထီၣ်အသိးအလီၢ်အိၣ်လၢနကမၤကဆဲးကဆိနမိၢ်ပုၤထီၣ်လီၤ. မံးစထၢၣ်အၣ်ၣ်(မံ)ထံၣ်ဝဲကျဲအညီကတၢ်န့ၣ်တၢ်လုၢ်ထံကိးမုၢ်နံၤလီၤ.</p> <p>အဝဲလူၤထံ,ထူးဆးပှဲၤပံၤအခိၣ်ကိးနံၤဒီးတချုးလဲၤတၢ်မၤလီၤ.ဖဲလုၢ်ထံဝံၤ အလီၢ်ခံဖျူတၢ်နမူ antiperspirant မ့တမ့ၢ် deodorant လၢအကံၢ်လၢအပူၤသိးကီၤသံၤတၢ်နီၤဒီးအသုတနၢအဂီၢ်လီၤ. နသိးနမၤတၢ်မၤကလဲၤအသးလၢဂ့ၤဂ့ၤဒီးနဖိတဖၣ်ကသ့ၣ်ဖဲသးညီလၢကိၣ်အဂီၢ် အရူၣ်လၢနမိၢ်ပုၤကကဆိတအိၣ်တၢ်နၢလၢအအာတဖၣ်တဂ့ၤလီၤ.</p> | <p>In addition to washing your <i>hands</i> regularly, it is also very important to wash your <i>body</i> regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.</p> <p>He takes his shower in the morning before he goes to work, using soap for his body and shampoo to clean his hair. After a shower or bath, he uses antiperspirant or deodorant on his underarms, to prevent odor from building up. In order to be successful at work, or for children to succeed at school, it is important that your body be clean and does not have a bad odor.</p> |
| <p>မံးစံးလီၤဒီးမံးစံးဘးမၤလိန့ၢ်တၢ်ဘၣ်ဃးပိၣ်မုၢ်အတၢ်ကဆဲးကဆိတၢ်ပိးတၢ် လီၤတဖၣ်လၢအအိၣ်လၢအမဲရကၤန့ၣ်လီၤ.အဝဲသ့ၣ်သ့ဝဲ ပိၣ်မုၢ်လုၢ်လၢတၢ်ကံးညၢ်က့တဖၣ်လၢအထံၣ်န့ၢ်ဝဲဖဲတၢ်ဆါကသံၣ်ကျးမ့တမ့ၢ် ကျးတဖၣ်န့ၣ်လီၤ.အဝဲသ့ၣ်ဆိတလဲဝဲထီၣ်သိး ကဟးဆဲးတၢ်ဆူးတၢ်ဆါတၢ်နၢတၢ်န့ၢ်အဂီၢ်လီၤ.</p> | <p>Mrs. Li and Mrs. Ba have learned about the feminine hygiene products that are available in America. They use disposable feminine hygiene products they find at the pharmacy or the local grocery store, such as tampons, menstrual pads and panty liners. They make sure to change these regularly, to avoid getting sick and to avoid odor.</p> |

Text is from 'Safe, Smart and Healthy: Keys to Success in Your New Home' created by the Ohio Department of Job and Family Services - Refugee Services Section. This handout has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Blanket Purchase Agreement No. HHSN276201400002B.