

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူၣ်ဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ  
 သီ  
 တၢ်အိၣ်တၢ်အိၣ်တၢ်ကူၣ်လၢဒီးတၢ်ကွၢ်ထွဲဟံၣ်သီ - 3

**Safe, Smart and Healthy – Keys to Success in Your New Home  
 Food Safety and Housekeeping - 3**

**KAREN**

<p>မံးစံးအၣ်ဒ်(မ်)လဲၤကွၢ်တၢ်တၢ်တၢ်လၢအဟံၣ်ဒီးတဖၣ်ထီၣ်တီၢ်လီၤ.          အဝဲတပျဲတၢ်တၢ်ပူၤထီၣ်အသးလၢအဟံၣ်ဘၣ်.မ့ၢ်လၢနၢၤအုၣ်အယိၣ်လီၤ.</p> <p>တၢ်ဟံၣ်တဖၣ်ကပူၤအတၢ်တၢ်လၢနဟံၣ်ပူၤအယိၣ်ကကွဲၣ်န့ၢ်ယုၢ်ဒီးတၢ်ဖိ          လံၤဖိယၢ်တဖၣ်လီၤ.တၢ်တဖၣ်အံၤဟဲစိၣ်ဝဲတၢ်ယၢ်လၢအကမၤဆူးမၤ          ဆါနပှၤဟံၣ်ဖိယိၣ်န့ၣ်လီၤ.</p> <p>ကိးနံၤဒီးအၣ်ဒ်(မ်)အဟံၣ်ဖိယိၣ်ထၢန့ၣ်လီၤတၢ်တၢ်တဖၣ်ဆူ          ဖျးစတံးထၢၣ်တဖၣ်အပူၤဒီးလဲၤကွၢ်လီၤဝဲဆူတယၣ်ဒီးလၢတၢ်ပျီပူၤလီၤ.</p>	<p>Mrs. Adam removes the garbage from her apartment regularly. She does not let garbage pile up in their home because it can smell badly.</p> <p>Leaving kitchen garbage in your home can also attract rodents and insects. These can carry disease that could make your family sick.</p> <p>Every day, the Adam family places all their garbage in plastic bags and takes it outside to the garbage collection bin.</p>
<p>လၢနအိၣ်လၢန ဒီးကသ့အဂီၢ်,နကဘၣ်ထူးထီၣ်တၢ်ဘၣ်အဘၣ်သီ          တဖၣ်ဒီးဟံၣ်န ဒီးကဆူကဆူန့ၣ်လီၤ.မံးစံးအၣ်ဒ်(မ်)မၤကဆိဝဲ ဒီး          လၢအအိၣ်ဝဲတဖၣ်ဒီးဟံၣ်လီၤဝဲအဆၢကတီၢ်ထီၣ်တီၢ်လီၤ.</p> <ul style="list-style-type: none"> <li>• အဝဲမၤကဆိဝဲဖၣ်ကပူၤဒီးတၢ်လုၢ်ထံလီၢ်ဒီးတၢ်လၢအမၤသံ              တၢ်ယူးတၢ်ယၢ်ဒီးထံတဖၣ်န့ၣ်လီၤ.</li> <li>• အဝဲမၤကဆိတၢ်သ့တၢ်အလီၢ်,တၢ်ဟံၣ်ထီၣ်တၢ်အလီၢ်ဒီးတၢ်              လၢအမၤကဆိတၢ်တဖၣ်ဒီးသိးကတြီဆၢတၢ်ဆူးတၢ်ဆါယၢ်လၢ              အသုတရၤလီၤအသးအဂီၢ်န့ၣ်လီၤ.</li> <li>• အဝဲထွဲဝဲတၢ်ခုၣ်ဒီးမၤကဆိဝဲဟံၣ်တဖၣ်လီၤ.</li> <li>•အဝဲပလီၢ်ပီ အသးဒီးသိးအသုတရၤလီၤဘၣ်တၢ်ဆါအယၢ်              တဖၣ်ဆူတၢ်လီၢ်တတီၤဆူအဂၤတတီၤဖဲအမၤကဆိတၢ်အခါဘၣ်န့ၣ်လီၤ.              အို-အဝဲတသ့ဝဲတၢ်သ့ဒူးမ့တမ့ၢ်တၢ်ကံးညၢၣ်              ဘၣ်အဘၣ်သီလၢအသ့ဝဲလၢတၢ်မၤကဆိတၢ်ဟးလီၢ်မ့တမ့ၢ်              ဟံၣ်ဒီးတဖၣ်ဒီးမၤကဆိတၢ်ဟံၣ်ထီၣ်တၢ်အလီၢ်,စီၤနီၤခိၣ်မ့တမ့ၢ်              တၢ်လီၢ်တတီၤတီၤလၢဖၣ်ကပူၤန့ၣ်ဘၣ်.</li> <li>•အဝဲမၤကဆိတၢ်ကိၣ်စီၤလၢ ဒီးအဂၤတဖၣ်ဒီးစးမၤကဆိတၢ်န့ၣ်လီၤ.</li> <li>•အဝဲဆျၢၣ်တၢ်ထွဲလီၤ,လီၢ်မံၤတဖၣ်,ခိၣ်တခါဒ်,စီၤနီၤခိၣ်              ဒီးတၢ်သ့ၣ်ဘၣ်ခိၣ်ဒီးတၢ်ကူၣ်ကၤခဲလၢၣ်လၢဝဲဆျၢၣ်တၢ်အပူၤထီၣ်တီၢ်လီၤ.</li> </ul>	<p>In order to stay in your apartment, you must take out the garbage and keep the apartment <i>clean</i>.</p> <p>Mrs. Adam cleans all the rooms in their apartment on a regular schedule.</p> <ul style="list-style-type: none"> <li>• She cleans the kitchen and bathroom with disinfecting products and water.</li> <li>• She cleans the sinks and counters with cleaning products, to prevent germs from spreading.</li> <li>• She wipes out the refrigerator and washes the floor.</li> <li>• She is also very careful not to spread germs from one place to another while cleaning. For example, she would never use a dirty sponge or cloth she just used in the bathroom or on the floor to clean counters, tables, or anywhere in the kitchen.</li> <li>• She cleans the carpeting in the other rooms with a vacuum cleaner.</li> <li>• She washes their towels, sheets, pillow covers, tablecloth and floor cloths, and all clothing in a washing machine on a regular basis.</li> </ul>

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