

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.

Isuku y'Umubiri wacu – 5

Safe, Smart and Healthy – Keys to Success in Your New Home

Personal Hygiene – 5

KINYARWANDA

<p>Kugirango ugire isuku ku mubiri no kugira ngo wirinde kunuka, ni ngombwa no gufura imyenda wambara ndetse n'amashuka uryamamo. Umugore wa Li n'umwana we bambara amakariso rimwe gusa bagahita bayafura. Buri munsu bambara amakariso afuze.</p> <p>Abana bose ndetse n'abakuru bagomba guhindura amakariso buri munsu. Abana bato bagomba kwambara amakariso igihe cyose batari mu rugo, no kubindwa igihe batari bamenya gukoresha imisarani.</p>	<p>To keep your body clean and avoid odor, it is also important for you to wash your clothing and your bedding on a regular basis. Mrs. Li makes sure that she and her daughter wear underwear only once before washing it and they put on clean underwear each day.</p> <p>All children and adults should wear clean underwear every day. Children must be covered by underwear when they are not at home, or a diaper if they don't know how to use a toilet yet.</p>
<p>Umugore wa Li anitwararika ko nta muntu wambara isogisi inshuro irenze <i>imwe</i>, buri wese mu muryango agomba kwambara amasogisi ameshe buri munsu.</p> <p>Amashati cyangwa se imyenda yose ifite ikora ishobora kwambarwa inshuro imwe cyangwa ebyiri hanyuma igafurwa. Amapantaro ashobora kwambarwa inshuro ebyiri cyangwa eshatu mbere yo gufurwa.</p>	<p>Mrs. Li also makes sure that socks are worn only <i>once</i> before being washed again, and that her family puts on clean socks every day.</p> <p>Shirts and clothing that touches the neck and underarms can be worn one or two times before washing. Pants or trousers can be worn two or three times before washing.</p>
<p>Umugore wa Li ahindura kenshi amashuka yo ku gitanda cye n'icy'umwana we. Asasa ishuka kuri matola burigihe. Amashuka agomba gufurwa kenshi, nibura buri byumweru bibiri.</p>	<p>Mrs. Li also regularly changes the sheets on her own bed and her daughter's bed. She always uses sheets to cover the bed mattress. Sheets should be washed regularly, at least every two weeks.</p>
<p>Niba umwana we acitswe akituma ku buriri asinziriye, amashuka agomba <i>guhita</i> afurwa.</p> <p>Umugore wa Li azi ko abana bato badashobora igihe cyose gufunga inkari ijoro ryose.</p>	<p>If her daughter has an accident and urinates or soils the sheets while sleeping, the sheets must be washed <i>immediately</i>.</p> <p>Mrs. Li understands that younger</p>

<p>Ntamurakarira cyangwa se ngo amuhane kuko yanyaye ku buriri. Kuko ni ibintu bisanzwe kandi ibyo bigenda bishira uko umwana akura.</p>	<p>children's bodies can't always hold urine all night long. She would never get angry or punish her child for accidentally urinating in her sleep, because this is natural and the problem should go away as her daughter gets older.</p>
<p>Rimwe na rimwe usanga mu mazu harimo imashini zifura, ariko hari imashini za rusange ziboneka aho bita 'laundrymat.' Ntizigoye gukoresha kandi zoroshya akazi ko gufura imyenda n'ibiryamiro.</p> <p>Kiretse niba ufite imashini <i>iwawe</i> mu nzu utuyemo, naho ubundi ugomba gushaka amafaranga kugirango ubashe gukoresha imashini zifura n'izumutsa.</p>	<p>Washing machines are sometimes provided in a furnished apartment building, or can be found in a laundromat. They are easy to use and make washing clothes and bedding very simple.</p> <p>Unless you have a washing machine in your <i>own</i> apartment, you need to bring money to operate most washing machines and dryers.</p>