

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 1

KIRUNDI

<p>Umupfasoni Li yarize ingene umuntu yogirira isuku umubiri wiwe n'akamaro kavyo. Isuku ry'umubiri n'ikintu c'ingirakamaro ku magara meza y'umuryango wawe. Mu gihe amenyo yawe, umubiri n'impuzu bitagiriwe isuku no kozwa igihe cose, urashobora kurwara. Li arazi ko isuku ari ingirakamaro kugirango ashobore gukora akazi kiwe neza canke kugirango abakobwa biwe bige neza mw'ishure.</p>	<p>Mrs. Li has learned how important it is to take care of personal hygiene. Personal hygiene is very important to the health of your family. If your teeth, body, and clothes are not kept clean and washed frequently, you can get sick. Mrs. Li knows that personal cleanliness is also important so that she can be successful at work, and her daughter can succeed at school.</p>
<p>Umupfasoni Li n'abakobwa biwe barabungabunga mukanwa n'amenyo yabo. Ni ingirakamaro kwoza amenyo ukoresheje uburoso bw'amenyo n'umuti w'amenyo igihe cose mu gitondo, n'imbere yuko uja kuryama. Mu gihe utoza amenyo yawe kenshi kandi ukoresheje uburoso, amenyo azogwara kandi ashobora gutera ububabare; arashobora guhongoka.</p>	<p>Mrs. Li and her daughter give special care to their mouth and teeth. It is very important to brush your teeth with a toothbrush and toothpaste every morning, and also before you go to bed. If you don't brush your teeth regularly they will become infected and can cause you pain. They might even fall out.</p>