Uburyo Bwiza, Butomoye, Mu Magara Meza no Kumererwa Neza Aho Ugiye Kuba Hashasha Isuku ry'umubiri. - 5

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 5

KIRUNDI

Mu kugirira umubiri wawe isuku no kwirinda kunuka, ni ingirakamaro kumesura kenshi impuzu zawe n'ibisaswa. Umupfasoni. Li n'abin'abakobwa biwe bambara ikareso rimwe gusa hanyuma bagaca bayimesura. Kandi bambara ikareso zimesuye iminsi yose. Abana bose hamwe n'abakuze ni vyiza yuko bambara ikareisiripe zimesuye imisi yose. Abana bategerezwa kwambikwa ikareso igihe batari i muhira,canke ivyahi mu gihe bataramenya kuja mu kazu ka sugwumwe.	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. 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.
Umupfasoni. Li arazi ko ishesheti yambarwa rimwe gusa agaca amesurwa, kandi ko abana biwe n'umushingantahe wiwe bambara amasogesiamesuye iminsi yose. Amashati imipira ifata cane mw'ijosi no mukwaha, birashobora kwambarwa rimwe canke kabiri bigaca bimesurwa. Ipantalo irashobora kwambarwa kabiri canke gatatu igaca imesugwa.	Mrs. Li also makes sure that socks are worn only *once* before being washed again, and that her family puts on clean socks every day. 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.
Umupfasoni Li kandi kenshiar arakuranya amashuka ku buriri bwiwe n'uburiri bw'abana biwe. Igihe cose akoresha amashuka mu gufuka imatela. Amashuka ategerezwa kumesurwa kenshi, n'imiburiburi nka rimwe mu ndwi zibiri.	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.
Nimba umwana agize isanganya agasoba canke akanduza n'umwanda mukuru ku mashuka igihe aryamye, ayo amashuka ategerezwa guca amesurwa ningoga.	If her daughter has an accident and urinates or soils the sheets while sleeping, the sheets must be washed *immediately*.

Umupfasoni Li aratahura yuko abana batoya barashobora kugira isanganya mwijoro bagasoba ku buriri. Ntiyigera ashavura canke ngo ahane umwana wiwe kubera isanganya ryo gusoba igihe asinziriye, kuko ibi ni ibisanzwe kandi iyi ni ingorane izohera uko umwigeme umukobga wiwe ariko arakura.	Mrs. Li understands that younger 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.
Imashini zo kumesura rimwe na rimwe ushobora kuzisanga mu mazu, canke ahantu bamesurira impuzu bita landrimat. Ziroroshe gukoresha kandi zorosha igikorwa co kumesura impuzu hamwe ibisaswa. nkeretse ufise imashini yo kumesura mu nzu iwawe, ahandi hoho utegerezwa kuzana amahera kugirango urihe izo mashini zimesura hamwe n'izumisha.	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. Unless you have a washing machine in your *own* apartment, you need to bring money to operate most washing machines and dryers.

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