

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Food Safety and Housekeeping - 1**

**KIRUNDI**

<p>Umupfasoni Li arazi akamaro ko kubungabunga umuryango ngo ugire amagara meza. Iyo barwaye ntibimworohera kuja kukazi. Iyo umukobga wiwe arwaye, ntashobora kuja kw'ishule.</p> <p>Umupfasoni Li arazi ko ikintu c'ingirakamaro bashobora gukora kugira ngo bagumane amagara meza ku kazi, i muhira canke kw'ishule ari ugukaraba mu ntoki kenshi bakoresheje amazi n'isabuni.</p>	<p>Mrs. Li knows how important it is to keep her family healthy. If they get sick, she might not be able to go to work. If her daughter is sick, she cannot go to school.</p> <p>Mrs. Li knows that the most important thing they can do to stay healthy while at work, home or school is to wash their hands often with soap and water.</p>
<p>“karaba igihe cose, cane cane uhejeje gukoresha ubwogero n'imbere yuko wicara ngo ufungure.”</p>	<p>“Wash your hands regularly, especially after you've used the bathroom and before you sit down to eat.”</p>
<p>Ino muri Amerika, amazi yo muri lavabo aho ukarabira amaboko no mu maso ni meza woyanywa. <u>N</u>tukenererekugura amacupa y'amazi. Ushobora kunywa amazi ari mw'ibombo haba mu gikoni canke mu bwogero.</p> <p>Abana banyu bakwiye kunywa ayo mazi, kubera ashobora gutuma amenyo yabo akomera kandi agafasha gukingira indwara z'amenyo nko kubungwa.</p>	<p>In America, the same water that comes from the sink where you wash your hands and face is also safe to drink. You do <i>not</i> need to buy bottled water. You can drink the water that comes out of the faucets in both the kitchen and bathroom.</p> <p>Your children should drink this water, because it will make their teeth stronger and help prevent tooth decay or cavities.</p>