TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Isuku

Kwifata neza mu gusukura umubiri wawe birakenewe cane muvyerekeye akazi, kw'ishule no kutaja uragwaragurika n'umuryango wawe. Hariho ibintu vyinshi bikoreshwa mu gufata neza umubiri mubiri wawe.

Personal Care

Taking care of your body is important for work, school, and to keep you and your family from getting sick. There are many different products to take care of your body.

Ibikoresho

Muri ivyo bikoreshwa harimwo ibikinga akamoto kabi k'icuya, isabuni zica kandi zikinga imikorobi zitwa "antibacterial," isabuni ikinga akamoto k'icuya zitwa "deodorant," umuti w'amenyo, isabuni y'imishatsi, amavuta yo kwisiga, n'ibindi vyinshi. Birashobora kugora gutahura neza mu gucagura ivyo bintu ukoresha n'akamaro kavyo.

Products

Products include deodorant, antibacterial soap, deodorant soap, toothpaste, shampoo, lotion, and many more. It can be confusing what products to use for what purposes.

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Imigera y'ingwara

Ibikoreshwa mw'isuku ry'umubiri biradukingira imigera y'ingwara. Imigera n'udukoko dutoya cane dushobora kudutera ingwara. Imigera ni mito mito cane ntidushobora kuyibona n'amaso.

Germs

Some of these products are used to protect us from germs. Germs are tiny, living things that can make us sick. Germs are too small for our eyes to see.

Gukaraba

Gukoresha isabuni zica imikorobi "antibacterial" canke zirinda umwuka w'icuya ku mubiri "deodorant" ni uburyo bwiza bwo kwica imigera yandukiza ingwara. Gukaraba birakinga ikwiragira ry'imigera ishobora gutera nk'ingwara za giripe canke inyonko.

Washing Your Hands

Using antibacterial or deodorant soap is the best way to kill germs that spread disease. Washing your hands prevents the spread of germs that also cause illnesses like colds and flu.

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Ni ryari Ukwiye Gukaraba

Kugira wikingire kugwara, karaba mu ntoke:

- Imbere yo gufungura, guteka no gukora ku mfungurwa
- Uvuye mu kazu kasurwumwe
- Uhejeje gusukura canke kwoza umwana yitumye
- Uhejeje gukina hanze

When to Wash Your Hands

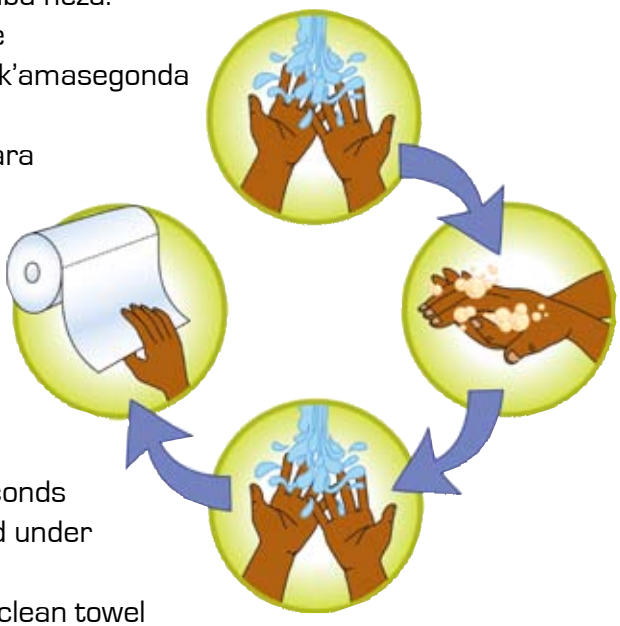
In order to prevent getting sick, wash your hands:

- Before eating, cooking, and touching food
- After using the bathroom
- After cleaning a child or changing a child's diaper
- After playing outside

Ingene Ukwiye Gukaraba

Igisha abana n'umuryango wawe ingene bakaraba neza.

- Iyugururireko amazi asusurutse ku ntoke
- Koresha isabuni kandi unyukure intoke nk'amasegonda mirongo ine n'itanu
- Iyoze neza hagati y'intoke no munsi y'inzara
- Irongorore n'amazi meza atemba uce wumisha intoke n'agatambara kameshe



How to Wash Your Hands

Teach your children and family how to wash their hands correctly.

- Wet your hands under warm water
- Use soap and rub your hands for 45 seconds
- Wash carefully between your fingers and under your fingernails
- Rinse with running water and dry with a clean towel

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Umubiri w'Isuku

Umubiri ufise isuku ugufasha kwamana amagara meza. Kwiyoga hose n'amasabuni akinga canke yica imikorobi bita "antibacterial" canke "deodorant" bidukingira ya migera ishobora gutuma umubiri unuka canke umota nabi.

Clean Body

A clean body keeps you healthy. Taking a bath with deodorant or antibacterial soap helps kill the germs that can make us smell bad.

Kwoza Umushatsi Wawe

Isabuni y'umushatsi yitwa "shampoo" igufasha gukura imicafu n'amavuta mu mishatsi. Irakingira imba mu mutwe. Ukwiriye koza umushatsi wawe n'isabuni shampoo nka kabiri mu ndwi.

Washing Your Hair

Shampoo gets rid of the dirt and oil in your hair. It also keeps the skin on your scalp from flaking. You should wash your hair at least two times a week with shampoo.

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Isabune yo koza umushatsi

Ibintu bikoreshwa mu mushatsi bita "conditioner" bimeze nk'amavuta bituma umushatsi woroha uhejeje kuwoza. Ukwiye gukoresha "conditioner" uhejeje gukuramwo "shampoo" mu kwoga. Hari aho usanga ivyo bikoresho vya "shampoo" na "conditioner" bivanze mw'icupa rimwe biraheza bikazimbuka ukaziganya amahera.

Shampoo and Conditioner

Conditioner keeps your hair from becoming too dry after washing. You should use conditioner after shampoo in the shower. Some products combine shampoo and conditioner in one bottle which can help you save money.

Ibikinga akamoto k'umubiri "deodorant"

"Deodorant" ikoreshwa mu kwaha kugira igabanye akamoto k'umubiri. Iyo bita "deodorant" ishobora kuba imeze nk'amavuta yoroshe, arenduka, canke amavuta upompa ku mubiri. Hari ubwoko bwa "deodorant" bwera bushobora gusiga udufu ku mpuzu zawe. Kugira impuzu nticafure, koresha "deodorant" irenduka kandi ibonerana. Izo bita "deodorants" hari iz'abagore n'izabagabo ariko nyinshi zikozwe kugira zikoreshwe n'abagore canke abagabo atagutandukanya.

Deodorant

Deodorant is applied under your armpits to reduce body odor. Deodorants are available in liquid, gel, or spray. Some deodorants are white and leave white powder on your clothing. Using a clear gel can help avoid this problem. Deodorants are used by both men and women and most are made specifically for either a man or woman.

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Kwama ufise Amenyo Akomeye

Kwitwararika isuku ry'amenyo n'ibinyigishi birakinga ivunguka n'ububabare mu menyo. Iyugumure kandi woze amenyo gatatu ku munsi ukoresheje umuti w'amenyo. Gura umujigiti mushasha uko amezi atatu aheze.

Keeping Teeth Healthy

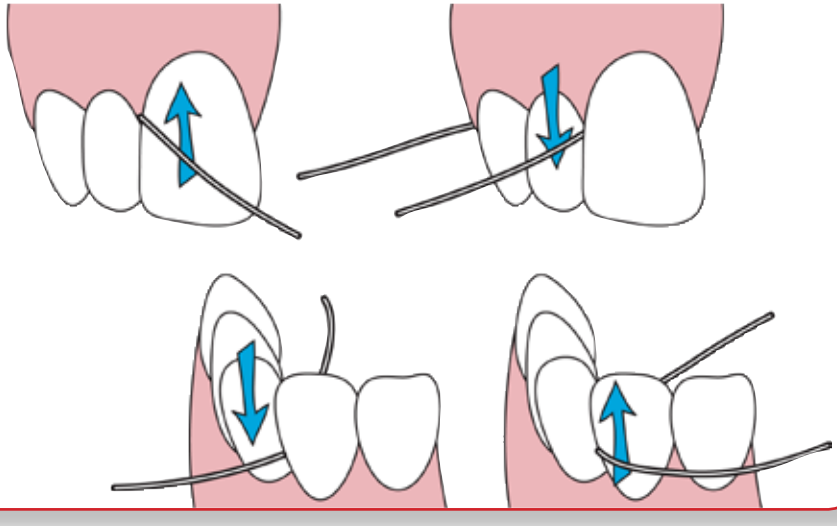
Taking care of your teeth and gums prevents tooth decay and toothaches. Brush your teeth three times a day with toothpaste. Buy a new toothbrush every three months.

Koza amenyo ukoresheje utugozi

Koresha udukoresho two kwihaganyura mu menyo ugakurayo ibisigarira vy'imfungurwa zasigaye hagati y'amenyo. Genda kwa muganga w'amenyo kabiri mu mwaka kugira amenyo yozwe neza n'abahinga.

Flossing Teeth

Use dental floss to remove food remains in your teeth. Visit the dentist two times a year to have your teeth professionally cleaned.



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Reka ibiribwa birimwo isukari

Irinde imfungurwa zirimwo isukari. Irinde kunywa ibintu bisosa cane nk'ama soda canke ibindi binyobwa bitakanywe mu vyamwa ijana kwijana (100%). Nywa amazi menshi. Iyugumure iyo uhejeje kunywa ikawa, icayi canke isoda.

Avoid Foods with Sugar

Avoid foods with sugar. Avoid sugary drinks, like soda and juices with less than 100% fruit juice. Drink lots of water. Rinse your mouth with water after drinking coffee, tea, and soda.

Kumesura Ivyambarwa

Kumesura canke gufura impuzu wambaye gatatu bituma zigumana isuku kandi zimota neza. Kumesura ibisaswa bikwiye gukorwa nka rimwe mundwi kugira ntibigutere kwiyagaza ku mubiri.

Clean Laundry

Washing your clothes after wearing them three times keeps them clean and smelling good. Washing your bedding should be done at least once a week to prevent skin rashes.

TOPIC 2—PERSONAL CARE IN THE UNITED STATES

Isabune yo kumesa

Isabuni yo kumesa yagenewe gufura impuzu n'ibisaswa. Isabuni yo kumesa iratandukanye n'amasabuni yo kwiyoga canke kwoza umushatsi.

Laundry Soap

Laundry soap is used to wash your clothes and bedding. Laundry soap is different than the soap you use to wash your body and hair.

Ivyambarwa Mu Bihe vy'Imbeho

Iyo hanze hakanye, ukwiye kwambara impuzu zisusurutsa kandi zigukingira umuyaga w'imbeho. Ni ukugerekeranya impuzu nyinshi hako wambara imwe gusa. Ambara uduhuzu two munsi ture ture kugira ugume ususurutse.

Dressing for Cold Weather

When it is cold outside, you should wear clothes that are thick and protect you from the cold wind. Wear several layers of clothing instead of one. This is called layering. Wear long underwear underneath your clothes to keep you warmer.

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Ivyambarwa Mu Bihe vy'Imbeho

Ambara amashesheti n'ibirato kugira amaguru yawe agume asusurutse. Ambara inkofero ifuka umutwe n'amatwi kandi wizingireko igisikafu gisusurutsa mw'izosi. Ambara ivyamborwa vy'intoke kugira ntizikongatazwe n'imbeho. Imbere yo gusohoka hanze, umviriza kw'iradiyo uko ibihe bimeze n'ingene imbeho iza kuba ingana.

Dressing for Cold Weather

Wear socks and shoes that will keep your feet warm. Cover your head and ears with a hat and your neck with a warm scarf. Avoid getting frostbite by covering your hands with gloves. Before you go outside, listen to the weather report to find out how cold it will be.

Ifate neza hamwe numuryango wawe

Kwifata neza no kwitwararika isuku biri mu bintu bituma umuntu agira ubuzima bumeze neza. Isuku ry'umubiri ni nkenerwa ku kazi. Iryo naryo rigizwe n'ukwoga umubiri wose, gukoresha deodorant n'ukwama wameshe impuzu. Kwambara neza, kwama ugira isuku ry'umubiri ni iry'ivyambarwa vyawe hamwe n'umuryango, bizotuma mugira amagara meza kandi mumererwe neza.

Taking Care of You and Your Family

Personal care is part of maintaining a healthy lifestyle. Personal care is also very important in the workplace and should include showering every day, using deodorant, and washing your clothes regularly. Dressing correctly and keeping your body and clothes clean will help you and your family stay healthy and feeling good.