

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Nadaafadda Shakhsiyeed - 3**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene - 3**

**SOMALI**

<p>Mudane Ba waxa kale oo uu ogaaday inay si weyn muhiim u tahay inuu dhaqo gacmihiisa. Wakhti kasta oo uu ku qufaco waraaq ama uu taabto duufka sankiisa, waxa uu tagaa musqusha si uu gacmihiisa ugu soo dhaqo saabuun iyo biyo.</p> <p>Gacmahaaga oo aad mar kasta dhaqdid maalintii ayaa ah talaabada ugu muhiimsan ee aad qaadi kartid si aad u joojisid fidinta jeermiga ugana hortagtid cudur—ku dhaca adiga iyo caruurtaada.</p>	<p>Mr. Ba has also learned how very important it is to wash his hands. Anytime he coughs into a paper tissue or touches mucous from his nose, he goes to the sink to wash his hands with soap and water.</p> <p>Washing your hands frequently throughout the day is the most important thing you can do to stop the spread of germs and prevent illness—both for you and your children.</p>
<p>Waxa kale oo dukaanada laga iibsan karaa <i>hooreyaal</i> aalkolo ku sameysan oo gacmaha lagu nadiifiyo. Taasi waa hab fiican oo aad gacmahaaga ku nadiifin kartid marka aad ka maqan tahay guriga ee aanad heli karin saabuun iyo biyo.</p>	<p>Alcohol-based <i>gels</i> for cleaning your hands can also be purchased in stores. This is a good way to keep your hands clean when you are away from home and soap and water aren't available.</p>
<p>Waa in qof kastaa wakhti kasta dhaqo gacmihiisa ka dib marka ay isticmaalaan musqusha, iyo ka dib marka ay beddelaan xafaayadda ama qoyaan-celiska ilmaha. Waxa kale oo si weyn muhiim u ah inaad dhaqdid gacmahaaga ka hor karinta ama ka hor cunista cuntada.</p> <p>Waxa kale oo gargaar leh in cidiyaha la iska gaagaabiyo, iyo in la nadiifiyo hoosta dhamaadka cidiyahaaga. Haddii kale, wasakhda ku jirta hoosta cidiyahaaga ayaa jeermi ku fidin karta dadka kale.</p>	<p>Everyone should always wash their hands after they use the toilet, and after they change a baby's diaper. It is also very important to wash your hands before cooking or eating food.</p> <p>It is also helpful to keep fingernails trimmed short, and to clean beneath the ends of your fingernails. Otherwise, dirt underneath your fingernails can spread germs to other people.</p>