

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Nadaafadda Shakhsiyeed - 5**

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

SOMALI

<p>Si aad jidhkaaga uga dhigtid nadiif oo uga baxsatid (ama hortagtid) urta, waxa sidoo kale muhiim ah inaad dhaqdid dharkaaga oo aad si joogto ah u beddeshid gogosha sariirtaada.</p> <p>Marwo Li waxay u hubsataa in iyada iyo inanteedu ay mar kaliya gashadaan matantayaashaa ama nigisyada dhaqista ka dib, waxana ay maalin kasta xidhaan matante ama nigis nadiif ah.</p> <p>Waa in dhamaan caruurta iyo dadka waaweyn ay maalin kasta xidhaan matante ama nigis nadiif ah. Waa in caruurta xidhan yihiin matante ama nigis marka aanay joogin guriga, ama xafaayad ama qoyaan-celis, haddii aanay wali aqoonin sida loo isticmaalo musqusha.</p>	<p>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.</p> <p>Mrs. Li makes sure that she and her daughter wear underwear only once before washing it and they put on clean underwear each day.</p> <p>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.</p>
<p>Marwo Li waxay sidoo kale u hubsataa in sharabaadka ama iskaalshaha la xidho kaliya <i>hal mar</i> ka hor inta aan la dhiqin, iyo in xubnaha qoyskeedu maalin kasta xidhaan sharabaad nadiif ah.</p> <p>Shaatiyada ama shaadhadhka iyo dharka taabta qoorta iyo kilkishaha, waxa la xidhan karaa hal ama laba jeer dhaqista ka hor. Surwaalada waxa la xidhan karaa laba ama saddex jeer dhaqista ka hor.</p>	<p>Mrs. Li also makes sure that socks are worn only <i>once</i> before being washed again, and that her family puts on clean socks every day.</p> <p>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.</p>
<p>Marwo Li sidoo kale si joogto ah ayay u beddeshaa go'yaasha sariirteeda iyo sariirta inanteeda. Markasta waxay isticmaasha go'yaal la saaro furaashka sariirta. Waa in go'yaasha si joogto ah loo dhaqo, ugu yaraan hal mar labadii todobaad.</p>	<p>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.</p>

<p>Haddii inanteeda qoyaan ka fakado oo ay isku kaadiso ama wasakheyso go'yaasha marka ay hurudo, waa in <i>isla markiiba</i> la dhaqo go'yaasha.</p> <p>Marwo Li waxay fahamsantahay in jidhka ilmaha yaryar aanuu wakhti kasta xejin karin kaadida habeenkii oo dhan. Marna kuma xanaaqi doonto ama ma ciqaabi doonto ilmaheeda marka si aan kas ahayn ay isugu kaadido iyada oo huruda, sababta oo ah taasi waa arrin dabiici ah, dhibkuna waa uu iska tagi doonaa marka inanteedu sii weynaato.</p>	<p>If her daughter has an accident and urinates or soils the sheets while sleeping, the sheets must be washed <i>immediately</i>.</p> <p>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.</p>
<p>Mishiinnada dhar-dhaqista waxa marmarka qaarkood laga helaa abaarman alaabi taallo, ama waxa laga heli karaa goob dhar-dhaqis. Waa kuwo si fudud loo isticmaali karo waxana ay dhaqista dharka iyo gogasha ka dhigaan wax si weyn u sahlan.</p> <p>Haddii mishiinka dhar-dhaqista aanuu <i>abaarmanka</i> kuu oollin, waxa aad u baahan tahay inaad lacag soo qaadatid si aad u isticmaashid mishiinada dhaqista iyo mishiinada qallajinta intooda badan.</p>	<p>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.</p> <p>Unless you have a washing machine in your <i>own</i> apartment, you need to bring money to operate most washing machines and dryers.</p>