

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Usafi wa Kibinafsi - 5**

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

SWAHILI

<p>Kuweka mwili wako ukiwa safi na kuepuka harufu, ni muhimu, pia kwa wewe kufua nguo zako na matandiko mara kwa mara.</p> <p>Bi. Li huhakikisha ya kwamba yeye na mtoto wake wa kike wanavaa chupi mara moja tu kabla ya kuifua, na wanavaa chupi safi kila siku.</p> <p>Watoto na watu wazima wote wanastahili kuvaa chupi safi kila siku. Watoto lazima wafunikwe kwa chupi wakati hawako nyumbani, au nepi kama bado hawajajua kutumia choo.</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>Bi. Li huhakikisha pia soksi zimevaliwa mara moja tu kabla ya kufuliwa tena, na kwamba familia yake huvaa soksi safi kila siku.</p> <p>Shati na nguo ambazo zinagusa shingo na makwapa zinaweza kuvaliwa mara moja au mbili kabla ya kufuliwa. Suruali zinaweza kuvaliwa mara mbili au tatu kabla ya kufuliwa.</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>Bi. Li pia hubadilisha mara kwa mara shuka kwenye kitanda chake na kitanda cha mtoto wake wa kike. Yeye hutumia kila wakati shuka ili kufunika godoro la kitanda. Shuka zinapaswa kufuliwa mara kwa mara, angalau baada ya kila wiki mbili.</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>Kama mtoto wake “kwa bahati mbaya” atakojoa au kuchafua shuka anapokuwa akilala, shuka hizo lazima zioshwe mara moja.</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>Bi. Li anaelewa kwamba miili ya watoto wadogo haiwezi kushikilia mkojo usiku wote. Hatakasirika au kumwadhibu mtoto wake kwa kukojoa kwa bahati mbaya anapokuwa akilala, kwa sababu hii ni kawaida, na tatizo hilo litapotea mtoto wake wa kike anapoendelea kukua.</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>Mashine za kufua nguo hutolewa wakati mwingine kwenye flati yenye fanicha, au zinaweza kupatikana kwenye huduma ya dobi. Ni rahisi kuzitumia, na hufanya ufuaji nguo na matandiko kuwa rahisi sana.</p> <p>Ikiwa huna mashine ya kufua katika flati <i>yako</i> mwenyewe, unahitaji kwenda na <i>pesa</i> ili uzitumie kwenye mashine na vikaushaji vingi.</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>