

**ድህነት ብልጽግና ጥሂናቸውን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም
ውልቃዊ ጽሬት - 2**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 2
TIGRINYA**

<p>አቶ ባ ብዛዕባ ጀርምስ አብ ከም ንፋጥ መሰል ፈሰሰቲ፣ አብ አካላትና ዘለዉ ብዛዕባኦም ተማሂሩ ኣሎ።</p> <p>ካብ ንፋጥ መሰል ፈሰሰቲ አካላትናን ካብ አፍና ዚወጽእ ጥፍጣፍ ንሕማም ጠንቂ ዝኾኑ ጀርምስ ኣለዎ። አብ ውሽጢ ገዛ ረጸምኻ ጡፍ ኣይትበል። ጡፍ ምባል ካልኦት ከሕምም ስለ ዝክእል፡ ጡፍ ኣይትበል። አብ ኣሚሪካ ጡፍ ምባል ኣጸያፊ እዩ።</p>	<p>Mr. Ba has learned about the germs that are in mucous. The mucous and spittle from your mouth contain germs that can get people sick. Do not spit inside... ever. Mr. Ba has learned that spitting spreads germs and can make other people sick, and it is considered very impolite in America.</p>
<p>አብ ኣየር ምስዓልውን ካልእ መገዲ ንምዝርጋሕ ጀርምስ እዩ። ክትስዕል ከለኻ ኣፍካ ምሕትም ኣድላዩ እዩ።</p> <p>እንተ ደልዩ፣ አቶ ባ ብሰለፍ ኢዱ ወይ ድማ ብመተዓጸጸፊ ኢዱ ኣፉ ዓጽዩ ይስዕል። አብ ተጠቐምኻ እትድርብዮ ሶፍት ክለኒክስ ዝበሃል ክስዕል ከሎውን ዝበለጸ እዩ። አብ ኢዱ ኣይስዕልን እዩ ምክንያቱ ቀልጢፉ ነገራት ምስ ዝትንኸፍ ፣ ንምዝርጋሕ ጀርምስ ጠንቂ ክኸውን ስለ ዝክእል።</p>	<p>Coughing into the air is another way of spreading germs. It is important to <i>cover your mouth</i> when you cough.</p> <p>If necessary, Mr. Ba covers his mouth with his sleeve, or coughs into his elbow. Or even better, he coughs into a disposable paper tissue, called a Kleenex. He does not cough into his <i>hand</i>, because as soon as he touches things with his hand afterwards, he is spreading germs.</p>
<p>እንተድኣ አቶ ባ ካብ ኣፍንጫኡ ወረር ክብሎ ጀሚሩ፣ ተጠቐምኻ እትድርብዮ ሶፍት፣ ወይ “ክለኒክስ” ይጥቀም፣ ከምኡውን ብሶፍት ነፍንጫኡ ይደርዝ። ብክዳንካ ከምኡውን ብኢድካ ፊጥ ኣይትበል።</p>	<p>If Mr. Ba has a runny nose, he uses a disposable paper tissue, or Kleenex, and blows or wipes his nose in the tissue. Do not blow your nose into your shirt or your hand.</p>

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