

**ድህነት ብልጽግና ጥሂናቸውን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም**

**ውልቃዊ ጽሬት - 3**

**Safe, Smart and Healthy – Keys to Success in Your New Home**

**Personal Hygiene - 3**

**TIGRINYA**

<p>አቶ ባ አእዳውካ ምሕጸብ ክንደይ ጠቓሚ ምጅኑ ተማሂሩ አሎ። አብ ሶፍት አብ ዚሰላሉ፣ ፈሳሲ ንፋጥ መሰል ካብ አፍንጭኡ አብ ዝትንክፈሉን ናብ ሳቫንዲኖ (መሕጸቢ ገጽ) ከይዱ ብሳሙናን ማይን አእዳው ይሕጸብ። አብ መግልቲ ብተደጋጋሚ አእዳውካ ምሕጸብ ንምዝርጋሕ ጀርምስ ደው ንምባል ንምክልኻል ሕማም አዚዩ ጠቓሚ እዩ። ንግኻን ንደቅኻን።</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>ብአልኮል ዝተቐመጡ ቅብኢ ከም ጀልሰን ንጽህና አእዳው ካብ ድጅን ክግዛእ ይኸእል። እዚ ካብ ቤትካ ወጺእካ አብ ትውዕሉሉ ሳሙናን ማይ አብዘይትረኽበሉ ጽቡቅ መገዲ ንጽሬት አእዳውካ ክትጥቀመሉ እዩ።</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>ነፍሲ ወከፍ ሰብ ድሕሪ ሽቓቕ ምጥቃሙን ጨርቂ ቆልዓ (ዳይፐር) ምቅያሩን አእዳው ክሕጸብ ይግብኦ። ቅድሚ ደብሒ ምስራሕካን ምስ በላዕካን ክትሕጸብውን አዚዩ አድላዩ እዩ። ከምኡውን አጽፋርካ አሕጺርካ ምቁራጽን አብ ውሽጡ ዘሎ ርስሓት ምጽራይን አዚዩ ሓጋዚ እዩ። እንተዘይኮነ ግና ንምዝርጋሕ ጀርም ታት ናብ ኻልኦት ሰባት፣ አጽፋርካ መሳርሒ እዩ።</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>

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