

**ድህነት ብልጽግና ጥሂናቹምን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም
ውልቃዊ ጽሬት - 5**

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

<p>አካላትካ ብንጽህና ክትሕዞን ሽታ ከተርሕቅን፣ ክዳውንትኻን ክዳውንቲ ዓራትካን ብቐጻሊ ክሕጸብ ኣድላዩ እዩ። ወ/ሮ ሊ ምስ አዋልዳ ክዳን ውሽጢ ቅድሚ ምሕጸብን ንሓንሳብ ጥራይ እየን ዚሉብስኦ። ኩሉ መዓልቲ ከኣ ብጽርየት ይሕዛኦ።</p> <p>ኩሎም ቆልዑን ዓበይትን፣ ኩሉ መዓልቲ ጽሩይ ክዳን ውሽጢ ክለብሱ ይግብኦም። ቆልዑ ካብ ገዛ ምስ ዝወጹ ክዳን ውሽጢ ክፈልዩ የብሎምን፣ እንተደኣ ኣጠቓቕማ ሸንቲ ቤት ዘይፈልጡ ከይኖሩ፣ ዳይፐር ክዕጠቑ ጽቡቕ እዩ።</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>ወ/ሮ ሊ ብተወሳኺ ካልስታት ዘበለ ኩሉ ቅድሚ ምሕጸቡ፣ ሓንሳብ ከም እተለብሰ ተረጋግጽ። ከመይሲ ስድራቤታ ጽሩይ ካልሲ መታን ክክደኑ።</p> <p>ካምቻታትን ክዳውንትን ማለት ክሳድን ትሹቱሽን ዝትንክፉ ዘበሉ ቅድሚ ምሕጸቦም ሓንሳብ ወይ ክልተ ሳዕ ክልበሱ ይግባእ። ስረ ግን ክልተ ሰለስተ ጊዜ ክልበስ ይኸእል እዩ ቅድሚ ምሕጸቡ።</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>ወ/ሮ ሊ፣ አንሶላኣን አንሶላ አዋልዳን ብቐጻሊ እያ ትቐይሮ። ወትሩ ፍርናሻ ብአንሶላ ትሸፍኖ። አንሶላ ብቐጻሊ እንተወሓድ ኣብ ክልተ ሰሙን ሓንሳብ ክሕጸብ ይግባእ።</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>እንተደኣ ኣላ ብኣጋጣሚ ኣብ ዓራት ምስ ደቐሰት ኑቲ አንሶላ ሸይናትሉ ወይ እንተደኣ ኣባላሸያቶ፣ እቲ አንሶላ ብኡ ብኡ ክሕጸብ ኣለዎ።</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>ወ/ሮ ሊ ንእሽቱ ቆልዑ፣ ለይቲ ሸንቲ ክጸውሩ ከም ዘይክእሉ ርድእቲ እያ። ቆልዓኣ ብኢጋጣሚ ኣብ ዓራት ክሸይን ከሎ ኣይትሓርቕን፣ ከምኡውን ቆልዓኣ ኣይትቐጽዕን እያ፣ ከመይሲ እዚ ባህርያዊ ስለ ዝኾነ፣ ቆልዓኣ እናዓበየ ክገድፎ ስለ ዝክእል ትርግእ እያ።</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>ሓጸቢቲ መካይን ሓደ ሓደ ጊዜ ኣብ ኣፓርታማ ዝተኻረኻዩ ተዳልየናልካ ይጸንሓ እየን። ወይ ድማ ኣብ ፍሉይ መሕጸቢ ክፍሊ ክርከባ ይክእል እዩ። ንክዳውንቲ ክትሓጽብን ከተድርቅን ብቐሊሉ ክትጥቀመለን ዚከእል እዩ።</p> <p>ኣብ ናይ ውልቅኻ ኣፓርታማ ሓጸቢት መኪና እንተዘይብልካ፣ ኣብ ሓጸቢት መኪና ከተሓጽብን ከተንቅጽን ገንዘብ ክትከፍል ከድልየካ እዩ።</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 own apartment, you need to bring money to operate most washing machines and dryers.</p>

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