

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገር ስኬታማ የሚያደርግብ ቀልፎች  
 የግል ገጽህና - 2

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

AMHARIC

<p>አቶ ባ በአክታ ውስጥ ስላሉት ጀርሞች ተምሯል። ከአፍዎ የሚወጣው አክታ እና ምራቅ ጀርሞች አሉዋቸው ይህም ሰዎች እንዲያማቸው ሊያደርግ ይችላል። መቼም ቢሆን በቤት ውስጥ እንዳይተፉ። አቶ ባ መትፋት ጀርሞችን እንደሚያዛምት እና ሌሎች ሰዎችን በሽታ ላይ ሊጥል እንደሚችል፣ እንዲሁም በአጫሪካ ውስጥ መትፋት በጣም አስነዋሪ ተደርጎ እንደሚቆጠር ተምሯል።</p>	<p>Mr. Ba has learned about the germs that are in mucous. The mucous and spittle from your mouth contain <b>germs</b> that can get people sick. Do not spit inside... <b>ever</b>. Mr. Ba has learned that spitting spreads germs and can make other people sick, and it is considered very impolite in America.</p>
<p>አፍዎን ሳይሸፍኑ አየር ላይ ማሳል ሌላው ጀርሞች እንዲዛመቱ የሚያደርግ መንገድ ነው። በሚያስሉበት ጊዜ አፍዎን መሸፈን በጣም አስፈላጊ ነው።</p> <p>አስፈላጊ ከሆነ፣ አቶ ባ በሚያስልበት ጊዜ አፉን በእጅጌው ይሸፍናል ወይም በክንዶቹ መሃል ያስላል። ወይም በተሻለ መልኩ፣ ከተጠቀመ በኋላ በሚጣል ሶፍት ላይ ያስላል ይህ ሶፍት Kleenex ይባላል። በእጁ ላይ አያስልም፣ ምክንያቱም ወዲያውኑ በእጁ ነገሮችን በሚነካ ጊዜ፣ ጀርሞች እያዛመተ ስለሚሆን።</p>	<p><b>Coughing</b> into the air is another way of spreading germs. It is important to <i>cover your mouth</i> when you cough. 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 <b>Kleenex</b>. 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>አቶ ባ የማያቋርጥ ንፍጥ የሚያስቸግረው ከሆነ ከተጠቀመ በኋላ የሚጣል ሶፍት ወይም Kleenex በመጠቀም ንፍቱን ያጸዳል። አፍንጨዎ ላይ ያለውን ንፍጥ በሽሚዝዎ ወይም በእጅዎ አያጽዱ።</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>

Text is from 'Safe, Smart and Healthy: Keys to Success in Your New Home' created by the Ohio Department of Job and Family Services - Refugee Services Section. This handout has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Blanket Purchase Agreement No. HHSN276201400002B.