

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገር ስኬታማ የሚያደርግዎታል ቀልፎች
የምግብ አጠባበቅ እና የቤት አያያዝ - 3

Safe, Smart and Healthy – Keys to Success in Your New Home
Food Safety and Housekeeping - 3
AMHARIC

<p>ወይዘሮ አዳም ቀሻሻውን በየጊዜው ከመኖሪያ አጋርትመንቷ ታስወግዳለች። ቀሻሻው አስኪጠራቀም ድረስ እቤት ውስጥ አታስቀምጠውም ምክንያቱም መጥፎ ጠረን ሊያመጣ ስለሚችል። የወጥ ቤት ቀሻሻ እቤት ውስጥ ማስቀመጥ አይጠመገጠውም እና ነፍሳትን ሊሰብ ይችላል። ይህም የቤተሰብን ጤንነት ሊያውክ እና በሽታ ሊያመጣ ይችላል። ዘወትር፣ የአዳም ቤተሰብ ቀሻሻውን በፕላስቲክ ቀረጫት በማድረግ ውጭ ወደሚቀመጠው የቀሻሻ ማጠራቀሚያ ቅርጫት ውስጥ ይክቱታል።</p>	<p>Mrs. Adam removes the garbage from her apartment regularly. She does not let garbage pile up in their home because it can smell badly.</p> <p>Leaving kitchen garbage in your home can also attract rodents and insects. These can carry disease that could make your family sick.</p> <p>Every day, the Adam family places all their garbage in plastic bags and takes it outside to the garbage collection bin.</p>
<p>በመኖሪያ አጋርትመንት ውስጥ ለመቆየት፣ ቀሻሻውን መጣል እና አጋርትመንትን ንፁህ ማድረግ አለብዎ። ወይዘሮ አዳም በአጋርትመንት ውስጥ ያሉትን ክፍሎች በሙሉ በየጊዜው በፕሮግራም ታፀዳለች።</p> <ul style="list-style-type: none"> • የወጥ ቤቱን እና የመፀዳጃ ቤቱን በፀረ ሀዋሰ ምርቶች እና በውሃ ታፀዳለች። • ገንዳውን እና መደርደሪያውን ጂርሞች እንዳይሰራጩ ለመከላከል በማፅጃ ምርቶች ታፀዳለች። • ማቀዘቀዣውን ትወለውላለች እና መሬቱንም ታጥባለች። • በምታፀዳበት ጊዜም ጂርም ከአንድ ቦታ ወደ ሌላ ቦታ እንዳይሰራጩ በጣም ትጠነቀቃለች። ለምሳሌ፣ መፀዳጃ ቤት ወይም መሬት ለማፅጃ የተጠቀሙትን ቀሻሻ ስፓንጅ ወይም ጨርት መደርደሪያዎች፣ ጠረጴዛዎች ወይም በወጥ ቤት ውስጥ በማንኛውም ቦታ ለማፅጃ በፍጹም አትጠቀሙትም። • በሌሎች ክፍል ውስጥ ያሉትን ምንጣፎች በሻኪውም ክሊነር ታፀዳለች። • በየጊዜው ፎጣዎቻቸውን፣ አንሳላዎቻቸውን፣ የትራስ ልብሶቻቸውን፣ የጠረጴዛ ልብሶቻቸውን እና የመሬት ልብሶቻቸውን እንዲሁም ሁሉንም ልብሶች በማጠቃለያ ማሽን ታጥባለች። 	<p>In order to stay in your apartment, you must take out the garbage and keep the apartment <i>clean</i>.</p> <p>Mrs. Adam cleans all the rooms in their apartment on a regular schedule.</p> <ul style="list-style-type: none"> • She cleans the kitchen and bathroom with disinfecting products and water. • She cleans the sinks and counters with cleaning products, to prevent germs from spreading. • She wipes out the refrigerator and washes the floor. • She is also very careful not to spread germs from one place to another while cleaning. For example, she would never use a dirty sponge or cloth she just used in the bathroom or on the floor to clean counters, tables, or anywhere in the kitchen. • She cleans the carpeting in the other rooms with a vacuum cleaner. • She washes their towels, sheets, pillow covers, tablecloth and floor cloths, and all clothing in a washing machine on a regular basis.

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