vlcl pwcs? xujru? use;rm-Xmaeoprm atmijria&;aomcsu wpu ,a& oe&i;a&; - 2

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

BURMESE

O;b [m c? ovytwi;rm&w y;rm;aw tallumi; oom;ygly/ oiyg;pyxu xuw c? ovye waw;aw [m vawu emruse;jzpap ygw ,/ trxrm b ,awmr waw;rax;yge/ waw;ax;wm [m a&m*g y;rm;awu ysEaply; wjcm;vawu emruse;jzpapqwm O;b oom;ygly/ ly;awm waw;ax;wmu tar&uerm awmawmr ,Oaus;b;v rw ,av &ygw ,/	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.
avxu acsmi;q;wm [m a&m*gy;rm;awu ysEapw aemuen;vr; wpcjzpygw ,/ acsmi;q;&i yg;pyu z;tyxm;z ta&;bu;ygw ,/ v ty&i O;b [m ol yg;pyu tus vue z;tyxm;ygw ,/ owawmixu acsmi;q;ygw ,/ 'grr [w yaumi;wmu uvi;eup vac:w wpcgo; wp½L; pulxu acsmi;q;ygw ,/ vuxuawm acsmi;rq;ygb;/ acsmi;q;ly;wme ypn;awu uiwmr t 'g [m a&m*gyrm;awu ysEapygw ,/	**Coughing** into the air is another way of spreading germs. It is important to *cover your mouth* 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 **Kleenex**. He does not cough into his *hand*, because as soon as he touches things with his hand afterwards, he is spreading germs.
O;b [m Emap;&i wpcgo; wp½L; 'grr [w uvi;eupu o;ly;Eyñp? Eyowygw ,/ &ytus 'grr [w vuxu Eyrñpyge/	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.

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.