vlcl pwcs? xujru? use;rm-Xmaeoprm atmijria&;aomcsu
wpu ,a& oe&i;a&; - 3

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 3

BURMESE

O;buawm vuaq;wm[m tveta&;bu;wtalumi;oom;ygly/ wpcgo; wp½L; pulxu acsmi;q;ly;wi; 'grr[w Em&nawu uirwi; vuaq;ueuom;ly; olvuu qyjymea&u o;ly;aq;w,// aewpae twi;rm vuurlumrlumaq;wm[m a&m*gy;rm;awu rysdE& atmie oitwua&m oiuav;awtwuyg emruse;jzpru umu ,Ei atmi oivyEiwta&;tbu;q; t&mjzpygw,/	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. 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.
vuaq;&mrmo;w t&ujyetajcc tqysp(*sv)awu pw;qiawrm0,v&ygw,/ trea0;&mrma&muaely; a&r&Eiwae&mrm oivuu oe&i;atmixm;z en;aumi;wpcygy/	Alcohol-based *gels* 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.
vwi;[m tromwuly;wi;? uav;cg;awmiusuu vly;wi; tlrwr; vuaq;oiygw,/ xri;rcsuci 'grr[w tpmrpm;ci vuaq;zvn; t&r;ta&;bu;ygw,/ vuon;awu wwwxm;wm? vuon; xyatmurm oe&i;atmixm;wm[m tusl;&ygw,/ 'grr[w&i vuon;atmuu tnptalu;aw[m wjcm;vawqu a&m*gy;rm;awu ysdEapygw,/	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. 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.

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