

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.
Pumpak ceu i dam nak caah i thian fai ning – 4**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene – 4**

HAKHA CHIN

<p>Kut long i ttawl peng si lo in tak pum zong caan hmaan te te in i kholh ding a si. Mr. Adam nih tak khawlh nak ah a fawi bik cem in a theih mi cu ni fa tin (shower) tipep i ti i surh ter hi a si. Adam nih zing ka rian a kal hlan ah pepti cu aa surh ter a pum ah chat phiat, a lu a sam caah shampoo a hmang. Cun ti an kholh khawh cun thlan chawh lo nak a si loah a zak i a rim a chia mi hloh ding ah zi hmui aa kah. Na rian ah khua awng na pemh nak hnga takpum thenhlimh le rimchia hloh hi abiapi tuk ve.</p>	<p>In addition to washing your <i>hands</i> regularly, it is also very important to wash your <i>body</i> regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.</p> <p>He takes his shower in the morning before he goes to work, using soap for his body and shampoo to clean his hair. After a shower or bath, he uses antiperspirant or deodorant on his underarms, to prevent odor from building up. In order to be successful at work, or for children to succeed at school, it is important that your body be clean and does not have a bad odor.</p>
<p>Mrs. Li le Mrs. Ba nih nu ngandamnak ca i bomh tu thil American ah an tuah ti an theih. Sii zuar nak dawr a si lo ah thil phun a thling nak chawdawr ah tampon timi nu hna nih thi an ngeih lio i voi khat ca long i hmanding mi tawdeuh kha ngan dam nak bawmtu ding ah an hman. Dam nak ca ah le a rim a chia mi a um nak hnga lo caah hmaan te in i thlen lengmang a herh.</p>	<p>Mrs. Li and Mrs. Ba have learned about the feminine hygiene products that are available in America. They use disposable feminine hygiene products they find at the pharmacy or the local grocery store, such as tampons, menstrual pads and panty liners. They make sure to change these regularly, to avoid getting sick and to avoid odor.</p>