

**Him tein, Smart tein le Dam tein: Na um nak hmun thar  
ah khuaawng pemh nak tawh fung hna.**

**Ei le din ttha ten i chiah ning le Inn chung zoh khen ning – 1**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Food Safety and Housekeeping – 1**

**HAKHA CHIN**

<p>Mrs. Li nih chung khaw hna an dam nak ding ah ttha te in I zoh khenh a biapit tuk nak a theih. An dam lo ah cun a mah a rian ah a kal kho lai lo. A fa nu a dam lo ah cun siang inn a kai kho lai lo.</p> <p>Dam te in an um i a mah zong rian a ttuan peng khawh nak hnga le a fa nu zong sianginn akai peng khawh nak hnga dam nak a hram pi cu sat pia le ti he kut i ttawl leng mang hi a si tiah Mrs. Li nih a fiang.</p>	<p>Mrs. Li knows how important it is to keep her family healthy. If they get sick, she might not be able to go to work. If her daughter is sick, she cannot go to school.</p> <p>Mrs. Li knows that the most important thing they can do to stay healthy while at work, home or school is to wash their hands often with soap and water.</p>
<p>Na kut i ttawl peng a hleiceh in zun put na kal khawh le na ei hlan paoh ah.”</p>	<p>“Wash your hands regularly, especially after you’ve used the bathroom and before you sit down to eat.”</p>
<p>America ram ah kut ttawl nak le hmai phiahnak ca i na hman mi ti kha din awk ah a thiang me a si ti thawl i zuar mi ti i cawh a herh lo. Rawl chuan nak co ka l a ra mi ti le zunput, ti kholh nak khaan i aa luang mi ti an I khat, din khawh dih an si. Na fa le nih ti kha an din ding a si, haa a feh ter I haa hrawk tu rung rul in a khamh hna lai.</p>	<p>In America, the same water that comes from the sink where you wash your hands and face is also safe to drink. You do <i>not</i> need to buy bottled water. You can drink the water that comes out of the faucets in both the kitchen and bathroom.</p> <p>Your children should drink this water, because it will make their teeth stronger and help prevent tooth decay or cavities.</p>