

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

Ei le din ttha ten i chiah ning le Inn chung zoh khen ning – 3

Safe, Smart and Healthy – Keys to Success in Your New Home

Food Safety and Housekeeping – 3

HAKHA CHIN

<p>Mrs. Adam nih an um nak pawng i hmunthur chiah nak caan hman te in a hlonh chin lengmang. A khah ter bal lo ze i ca tiah a nam lai ti a theih.</p> <p>Rawl chuan inn i hnawm na chiah nak a khah hlan te ah na hlonh leng mang lo ah cun an thu lai i hnerh te le rung rul a chuah pi tu thilnung hna an i bom lai cu hna nih cun na chung khar ah zawl nak an chuah pi khawh.</p> <p>Nifatin te Adam chung kahr nih an inn chung hnawm plastic in an fun i a leng hmun thur chiah nak ah an hlonh peng.</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>Na um nak khaan senh na si nak lai thenh leng mang hna. Mrs. Adam nih caan aa suai ning te in an inn a thenh leng mang.</p> <ul style="list-style-type: none"> • Tikhloh nak khaan le coka inn ttawl nak sii le ti in a ttawl leng mang. • Minung luh chuah nak (counter) rung rul khamh ding in inn ttawl nak in a thenh lengmang. • Zalthiang le bizu a ttawl peng hna. • A thenh lio ah rungrul a dang dang ah an karh nak hnga lo ral ring te a tuah. Tah chun nak ah zalthiang, zunput hnawh nak caah a hman mi cabuai le a dang dang hnaah hnawh nak caah a hmangtli hna lo. • Zal thiang pha hnawmdawp nak (vacuum) in a thenh. • Towel, ihphah khuh, chantling khuh, cabuai khuh zal thiang khuh le adang hni puan hna thi suk nak seh ah caan te in a suk peng hna. 	<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.