

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
 သီ
 နီၣ်ကစၢ်တၢ်ကဆဲးကဆိ- 2

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

KAREN

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| <p>မံးစထၢ်ဘးမၤလိၣ်န့ၣ်တၢ်ယၢ်လၢအအိၣ်လၢကဟးပူၤတဖၣ်အဂ့ၢ်လီၤ.တၢ်ကဟိး ကဟးဒီးခၢ်ထံခၢ်နီၣ်လၢနကိၣ်ပူၤတဖၣ်ဟံၣ်ယုၣ်ဒီးတၢ်ယၢ်လၢအမၤဆူးမၤ ဆါနၢၤသ့န့ၣ်လီၤ.တလၣ်ထူးပွဲၣ်တၢ်နီၣ်တဘျီတဂ့ၢ်.မံးစထၢ်ဘးမၤလိၣ်န့ၣ်တၢ်လၢ ခိဖျိတၢ်ထူးပွဲၣ်အယိၣ်ရၤလီၤဝဲတၢ်ဆါအယၢ်လၢအမၤဆူးမၤဆါပုၤဂၤဒီးလၢအဝဲရကၤ အပူၤတၢ်ဟံၣ်အိၣ်ဒီးတၢ်တဆဲးတလၢဘၣ်တခါန့ၣ်လီၤ.</p> | <p>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.</p> |
| <p>တၢ်ကူးလၢကလံၤကျါစ့ၢ်ကိးမ့ၢ်တၢ်တခါလၢအရၤလီၤတၢ်ဆါယၢ်တဖၣ်န့ၣ်လီၤ. ဖဲနကူးအခါအရံၣ်လၢနကဘၣ်ဟံၣ်ဘၢနထးခိၣ်လီၤ.</p> <p>မ့ၢ်လိၣ်န့ၣ်.မံးစထၢ်ဘးဟံၣ်ဘၢအထးခိၣ်ဒီးအဆူကၤစုမ့တမ့ၢ်ဒီးအစုနၢ်ခံလီၤ.မ့တမ့ၢ် အဝဲကူးန့ၣ်ဆူထံးရှုၤစးခိလၢတၢ်ကိးအိၣ်လၢKleenex အပူၤလီၤ.အဝဲတ ကူးန့ၣ်ဆူအစုလၢပူၤမ့ၢ်လၢဖဲအဝဲကူးဝဲဝဲအလီၤခံမ့ၢ်ဟးဖိၣ်တၢ်ဒီးသိးဒီးအရၤလီၤ န့ၣ်တၢ်ဆါန့ၣ်လီၤ.</p> | <p>Coughing into the air is another way of spreading germs. It is important to <i>cover your mouth</i> when you cough.</p> <p>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 <i>hand</i>, because as soon as he touches things with his hand afterwards, he is spreading germs.</p> |
| <p>မံးစထၢ်ဘးအနီၣ်အုၣ်မ့ၢ်ယူၤအဝဲသ့ဝဲထံးရှုၤစးခိမ့တမ့ၢ်Kleenex ဒီးသြံအနီၣ်မ့တမ့ၢ်ထွါဝဲလၢထံးရှုၤစးခိလီၤ.တဘၣ်သြံနီၣ်ဆူနဆူကၤမ့တမ့ၢ် နစုတဂ့ၢ်.</p> | <p>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.</p> |

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