

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ  
သီ

နီၣ်ကစၢ်တၢ်ကဆဲးကဆိ- 3

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

**KAREN**

<p>မံးစထၢ်ဘးမၤလိန့ၢ်စ့ၢ်ကီးလၢတၢ်သ့စ့မ့ၢ်တၢ်လၢအရ့ၢ်ဝဲန့ၣ်လီၤ.ဖဲအ ကူးန့ၣ်လီၤဆူထံးရှူစးခိအပူၤမ့ၢ်ဂ့ၤ,ထိးဘၣ်အနီၣ်အ့ၣ်လၢအနီၣ်ပူၤမ့ၢ်ဂ့ၤ,အဝဲ လဲၤဆူတၢ်သ့စ့အလီၤဒီးသ့အစ့ၢ်ဆးပှၣ်ထံးလီၤ.</p> <p>တၢ်သ့စ့ခဲအံၤခဲအံၤလၢတၢ်တနံၤအတီၢ်ပူၤန့ၣ်မ့ၢ်တၢ်အရ့ၢ်ဝဲကတၢ်လၢကဟံၣ်ပတုၣ် တၢ်ဆါယၢ်တဖၣ်အတၢ်ရၢလီၤအသးဒီးသ့ၢ်စ့ၢ်ကီးတၢ်ဆူးတၢ်ဆါလၢနီၣ်န့ၣ်ဖိ အဂီၢ်လီၤ.</p>	<p>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.</p> <p>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.</p>
<p>တၢ်မၤကဆိစ့လၢအဟံၣ်ယုၣ်ဒီးသံးစိထံတဖၣ်စ့ၢ်ကီးန့ၣ်ပူၤအိၣ်လၢစတိတဖၣ်အပူၤ သ့လီၤ.တၢ်အံၤမ့ၢ်ကျဲတဘီလၢအကဟံၣ်ကဆိစ့စ့ဖဲနအိၣ်လၢဟံၣ်အချီၢ်န့ၣ်မၤ န့ၢ်ဆးပှၣ်ထံးတဖၣ်တသ့ဝဲအလီၤန့ၣ်လီၤ.</p>	<p>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.</p>
<p>ဖဲပုၤကိးဂၢ်ဒီးသူတၢ်ဟးလီၢ်ဝံၤအခါဒီးဆိတလဲန့ၢ်ဖိသၣ်အတၢ်ကံးညၢ်ဘိၣ်ခံဝံၤအခါ ကးသ့အစ့ထီၣ်လီၤ.အရ့ၢ်ဝဲစ့ၢ်ကီးလၢနကသ့စ့တချုးန့ၣ်တၢ်အိၣ်အခါလီၤ.</p> <p>နမ့ၢ်ဟံၣ်နစ့မ့ၢ်ဖုၣ်ဖုၣ်ဒီးတံၢ်အိၣ်ကဆဲးကဆိန့ၣ်မ့ၢ်တၢ်လၢအဂ့ၢ်တၢ်အံၤမၤစၢၤနၢၤ လၢနကမၤကဆိစ့စ့မ့ၢ်အကဆူးတဖၣ်လီၤ.မ့တမ့ၢ်ဘၣ်သၢပျၢၤ.တၢ်ဘၣ်အဘၣ် သီလၢနစ့မ့ၢ်ဖိလၢတဖၣ်ကရၢလီၤဝဲတၢ်ဆါယၢ်ဆူပုၤဂၤတဖၣ်အအိၣ်လီၤ.</p>	<p>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.</p> <p>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.</p>

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