

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
 သီ
 နီၣ်ကစၢ်တၢ်ကဆဲးကဆိ- 5

**Safe, Smart and Healthy – Keys to Success in Your New Home
 Personal Hygiene - 5**

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<p>လၢနကဟံၣ်နီၣ်ကစၢ်ကဆဲးကဆိအဂီၢ်ဟးဆဲးတၢ်နၢၤတၢ်နီၣ်အဂီၢ်အရူၣ် လၢနကဟံၣ်နမိၢ်ပုၤကဆဲးကဆိအရူၣ်စ့ၢ်ကိးလၢနကဆူၣ်နတၢ်ကူၣ်တၢ်ကီၤ လီၢ်မံတဖၣ်ထီၣ်လီၤ.မံးစံးလံမၤလီၤတၢ်လၢအဖိမုၢ်ကကူၣ်ဖျိၣ်ခံဖိထဲတၢ်ချီၣ် ဆူၣ်အိၣ်ဒီးကကူၣ်ဖျိၣ်ခံဖိလၢအကဆိကိးနံၤဒီးလီၤ.</p> <p>ဖိသ့ၤသးပုၤကိးကကြးကူၣ်ဖျိၣ်ခံဖိလၢအကဆိကိးနံၤဒီးလီၤ.ဖဲဖိသ့ၤတအိၣ်လၢ ဟံၣ်ဟးတၢ်ချၢအခါကြးကူၣ်ဖျိၣ်ခံဖိတဖၣ်မ့တမ့ၢ်သ့တၢ်ဟးလီၢ်မံတသ့ၤတခါ, ကဘၣ်ကူၣ်ဖိသ့တၢ်ခံတဖၣ်လီၤ.</p>	<p>To keep your body clean and avoid odor, it is also important for you to wash your clothing and your bedding on a regular basis. Mrs. Li makes sure that she and her daughter wear underwear only once before washing it and they put on clean underwear each day.</p> <p>All children and adults should wear clean underwear every day. Children must be covered by underwear when they are not at home, or a diaper if they don't know how to use a toilet yet.</p>
<p>မံးစံးလံမၤလီၤတၢ်စ့ၢ်ကိးလၢခိၣ်ဖျိၣ်တဖၣ်တၢ်ကသိးအိၣ်ထဲတၢ်ချီၣ်ဆူၣ် အိၣ်ဒီးအဟံၣ်ဖိယိဖိတဖၣ်ကဖျိၣ်ခိၣ်ဖျိၣ်လၢအကဆိကိးနံၤဒီးန့ၣ်လီၤ.</p> <p>ဆုကၤရှၢဒီးတၢ်ကူၣ်တၢ်ကလၢအဘၣ်ကိးကိၣ်ဘိးကံၢ်လၢတဖၣ်တၢ်ကအိၣ်တၢ်ချီၣ် ခံဘျီၣ်ကဘၣ်ဆူၣ်ဝဲလီၤ.ဖျိၣ်ခံတဖၣ်တၢ်ကူၣ်အိၣ်ခံဘျီၣ်မ့တမ့ၢ်သ့ဘျီၣ်ကဘၣ် ဆူၣ်အိၣ်လီၤ.</p>	<p>Mrs. Li also makes sure that socks are worn only <i>once</i> before being washed again, and that her family puts on clean socks every day.</p> <p>Shirts and clothing that touches the neck and underarms can be worn one or two times before washing. Pants or trousers can be worn two or three times before washing.</p>
<p>မံးစံးလံဆိတလဲအလီၢ်မံၤဒီးအဖိမုၢ်လီၢ်မံၤထီၣ်န့ၣ်လီၤ.ထီၣ်ဘၢဝဲ လီၢ်မံၤလၢအလီၢ်မံၤခိၣ်လီၤ.တၢ်ကဘၣ်ဆူၣ်လီၢ်မံၤအဆၢကတီၢ်ဘၣ်ထီၣ်, အစ့ၤကတၢ်ခံန့ၣ်တၢ်ချီၣ်န့ၣ်လီၤ.</p>	<p>Mrs. Li also regularly changes the sheets on her own bed and her daughter's bed. She always uses sheets to cover the bed mattress. Sheets should be washed regularly, at least every two weeks.</p>
<p>အဖိမုၢ်မ့ၢ်ဆံၣ်ဆါမ့တမ့ၢ်အုၣ်ဆါးဘၣ်လီၢ်မံၤဖဲအမံအခါ,တၢ်ကဘၣ်ဆူၣ် ကွံၣ်လီၢ်မံၤတၢ်ချီၣ်ယီၤလီၤ.</p> <p>မံးစံးလံနၢ်ပၢၢ်ဝဲလၢဖိသ့ၤဆံးတဖၣ်န့ၣ်ကီၤအဆံၣ်တန့ၢ်တန့ၢ်ကျၢၤဘၣ်လီၤ. မ့ၢ်လၢအဖိမုၢ်ဆံၣ်ဆါးဘၣ်အသးအယိအဝဲတစံၣ်ညီၣ်မ့တမ့ၢ်သးထီၣ်အဖိမုၢ်နီၣ် တၢ်ချီၣ်ဘၣ်.မ့ၢ်လၢတၢ်အံၤမ့ၢ်ဖိသ့ၤအန့ဆါးမ့ၢ်တၢ်ထီၣ်ကလီၤမၢ်ကွံၣ်ဝဲအယိလီၤ.</p>	<p>If her daughter has an accident and urinates or soils the sheets while sleeping, the sheets must be washed <i>immediately</i>.</p> <p>Mrs. Li understands that younger children's bodies can't always hold urine all night long. She would never get angry or punish her child for accidentally urinating in her sleep,</p>

	because this is natural and the problem should go away as her daughter gets older.
<p>လၢဟံၣ်ၤးဖျိၣ်လၢအအိၣ်ၤးဟံၣ်ၤးဖျိၣ်ပိးတၢ်လိတနီၤအပူၤန့ၣ်တဘျီဘျီအိၣ်ယုၣ်ၤး ဝဲးဆုၣ်တၢ်တဖၣ်မ့တမ့ၢ်တၢ်ထံၣ်န့ၢ်အိၣ်သ့ဝဲတၢ်ဆုၣ်တၢ်အလီၢ်တဖၣ်န့ၣ်လီၤ. တၢ်သ့ၣ်တဖၣ်အံၤန့ၣ်အိၣ်သ့ညိညိဖိးမၤညိထီၣ်နတၢ်မၤၣ်မးလၢနကဆုၣ်တၢ် ကူတၢ်ကၤးလီၢ်မံလီၢ်ၤတဖၣ်န့ၣ်လီၤ.</p> <p>မ့တမ့ၢ်လၢနအိၣ်ၤးနဝဲးဆုၣ်တၢ်လၢနကစၢ်အံၤးပူၤဘၣ်ၤးနမ့ၢ်လဲၤဆုၣ်တၢ်လၢ တၢ်ဆုၣ်တၢ်အလီၢ်တၢ်မၤယုထီၣ်တၢ်အလီၢ်တဖၣ်န့ၣ်နကဘၣ်လဲၤစိၣ်ယုၣ်ၤး စ့န့ၣ်လီၤ.</p>	<p>Washing machines are sometimes provided in a furnished apartment building, or can be found in a laundromat. They are easy to use and make washing clothes and bedding very simple.</p> <p>Unless you have a washing machine in your <i>own</i> apartment, you need to bring money to operate most washing machines and dryers.</p>