

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
သီ

နီၣ်ကစၢ်တၢ်ကဆဲးကဆိ- 6

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 6
KAREN

<p>မံးစထၢၣ်အၣ်ၣ်(မ်)ထံၣ်ဝဲလၢတၢ်ဟးလီၢ်လၢအမဲရကၤဒီးလၢအထံကီၢ် န့ၣ်လီၤဆီလိာ်အသးလီၤ. သိးနဖံးတၢ်မၤတၢ်ဂ့ၤဂ့ၤကသ့ဒီးနထီၣ်ကိၣ်ထီၣ်ကိၣ် ဂ့ၤဂ့ၤကသ့အဂီၢ်အရ့ၢ်လၢနကဘၣ်သ့ၣ်ညါနသ့တၢ်လုၢ်ထံၣ်ဒီးတၢ်ဟးလီၢ် အကျဲဘၣ်ဘၣ်န့ၣ်လီၤ.</p>	<p>Mr. Adam found the toilets in America to be different than in his country. To be successful at work and school, it is very important that you know how to use the bathroom and use the toilet correctly.</p>
<p>မံးစထၢၣ်အၣ်ၣ်(မ်)ဆ့ၣ်နီၤလၢတၢ်ဟးလီၢ်ဖိခိၣ်မူၢ်မူၢ်နီၢ်နီၢ် သိးအအ့ၣ် အဆံၣ်တဖၣ်ကလီၤဆူတၢ်ဟးလီၢ်ခွးပူၤဂ့ၤဂ့ၤအဂီၢ်လီၤ.တဘၣ်ဆၢထၢၣ်လၢတၢ် ဟးလီၢ်အလီၢ်ဆ့ၣ်နီၤဖိခိၣ်နီၣ်တဘျီတဂ့ၤ.</p> <p>ဖဲမံးစထၢၣ်အၣ်ၣ်(မ်)မၤအတၢ်မၤဝံၤဝဲန့ၣ်အဝဲဆိၣ်လီၤတၢ်စုဖိၣ်ဆံးဆံးဖိမ့တမ့ၢ် တၢ်ကမိၣ်လၢကလူလီၤတၢ်ဟးလီၢ်ထံအဂီၢ်တက့ၢ်.ဖဲနသ့တၢ်ဟးလီၢ်ဝံၤတဘျီလၢလၢ နကဘၣ်စံၢ်လီၤထံကိးဘျီဒီးလီၤ.</p>	<p>Mr. Adam sits down on the toilet seat to be certain that all of his waste goes into the toilet bowl. Never stand on the toilet seat.</p> <p>When Mr. Adam is finished he pushes down on the small handle or button to flush the toilet. You must flush the toilet every time it is used.</p>
<p>စံၢ်လီၤထံၣ်နဆံၣ်ထံ,တၢ်အ့ၣ်ဒီးတၢ်ဟးလီၢ်စးခိတဖၣ်တက့ၢ်.တဘၣ်စံၢ်လီၤစးခိ ထွါတၢ်မ့တမ့ၢ်ပိာ်မုၢ်တၢ်ကဆဲးကဆိအတၢ်ပိးတၢ်လီၤ အမ့ၢ်ပိာ်မုၢ်အတၢ်ၤလၢဒီး တၢ်သံၤဖဲလုၢ်လၢဖဲအခါအကလုာ်ကလုာ်တဖၣ်န့ၣ်တဂ့ၤ.</p> <p>တၢ်ဟးလီၢ်အခွးတဖၣ်တဘၣ်သ့အိၣ်တၢ်ဆုၣ်တၢ်အလီၢ်ဘၣ်.မံးစထၢၣ်အၣ်ၣ်(မ်) ထီၣ်ဘိသ့ၣ်နီၣ်ထီၣ်အသးလၢကဘၣ်သ့အစုဖဲအထီၣ်တၢ်ဟးလီၢ်ဝံၤအခါလီၤ.</p>	<p>Flush <i>only</i> urine, feces, and toilet paper. Do not flush paper towels or feminine hygiene products, like sanitary napkins, pads or tampons.</p> <p>The toilet should never be used as a wash basin. Mr. Adam also remembers to wash his hands every time after he is finished.</p>
<p>မံးစထၢၣ်ဒီးမံးစံးဘးမၤလိန့ၢ်တၢ်လၢဖဲအစူးကါတၢ်သ့စုအလီၢ်အခါက ဘၣ်ဆိကမိၣ်န့ၢ်တၢ်လၢပူၤဂၤအဂီၢ် လဲၣ်န့ၣ်လီၤ.ဖဲနသ့နခိၣ်အခါနကြၢၤဖဲစိာ် တၢ်ကံးညၢၣ်က့မ့တမ့ၢ်တၢ်ထွါလီၤလၢနကထွါနခိၣ်အဂီၢ်တကြၢၤနဟံၣ်ထီၣ်နခိၣ် မ့တမ့ၢ်ထၢန့ၣ်လီၤဆူတၢ်သ့လိခိဖိခိၣ်န့ၣ်ဘၣ်လီၤ.</p>	<p>Mr. and Mrs. Ba have learned how to be considerate of others when using a wash basin or sink to prepare for prayer. When you wash your feet it is best if you bring a cloth or towel to wipe your feet instead of putting your feet up into the wash basin or sink.</p>
<p>လၢကီၢ်အမဲရကၤအပူၤ.တၢ်မ့ၢ်သ့ခိၣ်ဖဲလီၤခိလၢတၢ်ဟံၣ်ယာ်အိၣ်လၢတၢ်သ့စုအဂီၢ်န့ၣ် တၢ်ဟံၣ်အိၣ်လၢအမ့ၢ်တၢ်တဆဲးတလၢမ့တမ့ၢ်ရၢၢ်စၢၢ်န့ၣ်လီၤ.နမ့ၢ်သ့ဘၣ်နခိၣ်လၢ တၢ်သ့စုလီၢ်တခါထွါကွံာ်ထံလၢတၢ်ကပိာ်ကပၤဒီးထံယွၤလီၤလၢတၢ်ၤခိၣ်တဖၣ်တက့ၢ်.</p>	<p>In America it is considered very impolite or rude to use a wash basin or sink in a public place that is meant for hands to wash your feet. If you <i>do</i> wash your feet in the wash basin or sink, be sure to wipe up any water that may have splashed around it, and on the floor.</p>

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