

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
 သီ
 တၢ်အိၣ်တၢ်အိၣ်တၢ်ကူၣ်လၢဒီးတၢ်ကွၢ်ထွဲဟံၣ်သီ - 1

**Safe, Smart and Healthy – Keys to Success in Your New Home
 Food Safety and Housekeeping - 1**

KAREN

<p>မံးစံးလံသ့ၣ်ညါဝဲလၢအရူၣ်လၢကဘၣ်ဟံၣ်အဟံၣ်ဖိဖိလၢ ကပဲၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချအဂီၢ်လီၤ.အဝဲသ့ၣ်မ့ၢ်အိၣ်တဆူၣ်ဘၣ်န့ၣ်, အဝဲလဲၤရူၣ်တမ့ၢ်ကသ့ဘၣ်.အဖိမ့ၢ်မ့ၢ်ဆါ,တမ့ၢ်ထီၣ်ကိၣ်ကသ့ဘၣ်.</p> <p>မံးစံးလံသ့ၣ်ညါဝဲလၢကျဲအရူၣ်ကတၢ်တဘိလၢကးဒီးအိၣ်ဆူၣ်အိၣ်ချ အဝဲသ့ၣ်ဖဲအအိၣ်လၢတၢ်မၤလီၢ်,ဟံၣ်မ့ၢ်တမ့ၢ်ကိၣ်န့ၣ်မ့ၢ်ဝဲတၢ်သ့စုခဲအံၤ ခဲအံၤဒီးဆးပှၢ်ထံန့ၣ်လီၤ.</p>	<p>Mrs. Li knows how important it is to keep her family healthy. If they get sick, she might not be able to go to work. If her daughter is sick, she cannot go to school.</p> <p>Mrs. Li knows that the most important thing they can do to stay healthy while at work, home or school is to wash their hands often with soap and water.</p>
<p>“သ့နစုတဖၣ်ထီၣ်ဘိ,လီၤဆီၣ်တၢ်ဖဲနန့ၣ်လီၤတၢ်ဟးလီၢ် ဝံၤတဘျီလၢလီၢ်တချးဆ့ၣ်နီၤလၢကအိၣ်တၢ်အခါန့ၣ်တက့ၢ်.”</p>	<p>“Wash your hands regularly, especially after you’ve used the bathroom and before you sit down to eat.”</p>
<p>လၢအဝဲရကၢအပူၤထံလၢနသ့နစုဒီးပျါနမဲၣ်တဖၣ်န့ၣ်နအိၣ်အိၣ်သ့စ့ၢ်ကိးလီၤ. တလိၣ်နပူၤထံပလီၤတဖၣ်ဘၣ်.နအိၣ်ထံလၢအဟဲထွဲထီၣ်လၢထံပီၤလၢ အအိၣ်လၢဖၣ်ကပူၤမ့ၢ်ဂ့ၤ,တၢ်လျာ်ထံၢ်မ့ၢ်ဂ့ၤသ့လီၤ.</p> <p>နဖိတဖၣ်ကြၢၤအိၣ်ထံအံၤလီၤ.မ့ၢ်လၢကမၤဆိၣ်ထီၣ်အဝဲသ့ၣ်အမံး ဝံၤအံၤလၢမဲသံးအိၣ်ဝံးမဲပူၤထီၣ်တဖၣ်န့ၣ်လီၤ.</p>	<p>In America, the same water that comes from the sink where you wash your hands and face is also safe to drink. You do <i>not</i> need to buy bottled water. You can drink the water that comes out of the faucets in both the kitchen and bathroom.</p> <p>Your children should drink this water, because it will make their teeth stronger and help prevent tooth decay or cavities.</p>

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