

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.

Isuku y'Umubiri wacu – 1

Safe, Smart and Healthy – Keys to Success in Your New Home

Personal Hygiene – 1

KINYARWANDA

<p>Umugore wa Li yize uko agomba kwisukura. Isuku ni ngombwa kugira ngo umuryango wawe ugire ubuzima bwiza. Niba utagiriye isuku amenyo yawe cyangwa umubiri wawe, niba utamesa imyenda yawe kenshi ushobora kurwara. Umugore wa Li azi ko isuku ari ngombwa kugira ngo abashe gukora akazi ke neza kandi n' umwana we abashe kwiga neza.</p>	<p>Mrs. Li has learned how important it is to take care of personal hygiene. Personal hygiene is very important to the health of your family. If your teeth, body, and clothes are not kept clean and washed frequently, you can get sick. Mrs. Li knows that personal cleanliness is also important so that she can be successful at work, and her daughter can succeed at school.</p>
<p>Umugore wa Li n'abakobwa be bagirira cyane isuku mu kanwa n'amenyo. Ni ngombwa koza amenyo ukoresheje uburoso n'umuti w'amenyo buri gitondo na mbere yo kujya kuryama. Iyo utoza amenyo kenshi ararwara akaba yatera n'ububabare bwinshi. Ashobora no kuvamo!</p>	<p>Mrs. Li and her daughter give special care to their mouth and teeth. It is very important to brush your teeth with a toothbrush and toothpaste every morning and also before you go to bed. If you don't brush your teeth regularly they will become infected and can cause you pain. They might even fall out.</p>