

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

Isuku y'Umubiri wacu – 3

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

Personal Hygiene – 3

KINYARWANDA

<p>Ba yanamenye ko ari ngombwa gukaraba intoki. Igihe cyose akoreye mu rupapuro rw'isuku cyangwa akoze ibimyira ahita akaraba intoki akoresheje isabune n'amazi.</p> <p>Gukaraba intoki kenshi ku munsu ni uburyo bwa mbere bukomeye, bwo guhagarika ikwirakwizwa rya mikorobe, no kwirinda indwara no kuzirinda abana bawe.</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>Mu maduka menshi uzasangamo <i>imiti</i> yabigenewe irimo alukolu yo koza intoki. Ni uburyo bwiza bwo gusukura intoki igihe utari mu rugo ngo ukoreshe amazi n'isabune.</p>	<p>Alcohol-based <i>gels</i> 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>Buri muntu agomba gukaraba intoki nyuma yo kwihagarika, na nyuma yo guhindurira umwana witumye. Ni ngombwa cyane kandi gukaraba mbere yo guteka cyangwa kurya.</p> <p>Ni byiza kandi guca inzara no gukura imyanda mu nzara. Imyanda yo mu nzara ishobora na yo gutera uburwayi.</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>