

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

## Isuku y'Umubiri wacu – 4

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

#### Personal Hygiene – 4

#### KINYARWANDA

Usibye gukaraba *intoki* kenshi, ni ngombwa no gukaraba *umubiri wose* kenshi. Adamu we yahisemo kwiyuhagira buri munsi.

Yiyuhagira buri gitondo mbere yo kujya ku kazi. Akoresha isabune ku mubiri na shampo mu mutwe. Nyuma yo kwiyuhagira asiga mu kwaha amavuta amurinda kugira umwuka mubi. Niba ushaka gukora akazi kawe neza, kandi niba ushaka ko abana bawe biga neza ni byiza kugirira umubiri wawe isuku no kwirinda kunukira abandi.

In addition to washing your *hands* regularly, it is also very important to wash your *body* regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.

He takes his shower in the morning before he goes to work, using soap for his body and shampoo to clean his hair. After a shower or bath, he uses antiperspirant or deodorant on his underarms, to prevent odor from building up. In order to be successful at work, or for children to succeed at school, it is important that your body be clean and does not have a bad odor.

Umugore wa Li hamwe n'umugore wa Ba banigishijwe iby'isuku igenewe abantu b'igitsina gore n'ibikoresho biboneka muri Amerika. Mu gihe bari mu mihango bakoresha amapamba, utubindo n'ibindi byabigenewe bibafasha kutiyanduza biboneka mu maduka n'aho bagurishiriza imiti. Ayo mapamba ntaturwa, iyo yanduye urayajugunya. Kandi ugomba guhindura kenshi kugiranago atagutera uburwayi cyangwa kunukira abandi.

Mrs. Li and Mrs. Ba have learned about the feminine hygiene products that are available in America. They use disposable feminine hygiene products they find at the pharmacy or the local grocery store, such as tampons, menstrual pads and panty liners. They make sure to change these regularly, to avoid getting sick and to avoid odor.