

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

Isuku y'Umubiri wacu – 6

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

Personal Hygiene – 6

KINYARWANDA

<p>Adamu yasanze imisarani muri Amerika itandukanye n'imisarani mu gihugu cyeye. Kugira ngo ubashe gukora akazi neza no kwiga neza ugomba kumenya gukoresha icyogero ariyo dushe n'umusarani.</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>Adamu yicara ku musarani kugirango umwanda wose ujye mu musarani. Ntugahagarare narimwe hejuru y'umusarani.</p> <p>Iyo Adamu arangije gukoresha umusarani akora kuri buto cyangwa umukondo umanura amazi ajyana umwanda. Ugomba kumanura amazi <i>igihe cyose</i> ukoresheje umusarani.</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 <i>every time</i> it is used.</p>
<p>Mu mwobo w'umusarani hajyamo gusa <i>inkari</i>, umusarane, n'impapuro zo kwihanaguza iyo myanda.</p> <p>Ntukinjizemo nka za seriviyeti, koteksi, imbindo z'abana zabigenewe cyangwa tampo.</p> <p>Umusarani kandi ntugomba gukoreshwa nk'ibase yo kwogeramo. Adamu kandi yibuka gukaraba intoki <i>igihe cyose</i> avuye mu musarani.</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 <i>every time</i> after he is finished.</p>
<p>Ba n'umugore we bamenye uko bagomba kubahiriza abandi iyo bakoresha lavabo cyangwa ibase iyo bagiye gusali. Iyo umaze koga ibirenge ni byiza ko uba wazanye ikintu cyo kwihanaguza aho gushyira amaguru yawe mu ibase cyangwa muri lavabo.</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>

Muri Amerika bigaragara nk'ikinyabupfura gike gukoresha ibase cyangwa lavabo ya rusange byagenewe gukarabira mo intoki woga ibirenge. Iyo bibaye ngombwa ukogereza ibirenge mu ibase cyangwa muri lavabo byagenewe gukarabiramo intoki, kora ibishoboka byose uhanagure unakorope amazi yose yaba yamenetse mu mpande cyangwa hasi.

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 *do* 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.