

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

## Isuku y'Umubiri wacu – 7

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

#### Personal Hygiene – 7

#### KINYARWANDA

<p>Umugore wa Li yamenyeshejwe n'ishuri ry'umukobwa we ko abana batewe n'inda zo mu mutwe, agakoko kihisha ku mizi y'imisatsi (aho imisatsi itangirira kumera /ku ruhu rw'umutwe). Yagombye kugenzura umukobwa we mu mutwe areba niba zirimo hanyuma akurikiza amabwiriza yo kuzirwanya.</p>	<p>Mrs. Li was notified by her daughter's school that the children had been exposed to head lice, an insect that buries itself in the scalp. She had to check her daughter's head and scalp for lice and then follow specific instructions to get rid of the lice.</p>
<p><b>Umukobwa we yari akeneye shampoo irimo umuti wo kwica inda mu musatsi no ku ruhu rw'umutwe. Kandi bagombye no kumesa ibiryamirwa byose n'imyenda mu mazi ashushye.</b></p>	<p>Her daughter needed a medicated shampoo to kill the lice in her hair and scalp, and they then needed to wash all the bedding and clothes in the house with hot water.</p>
<p>Ibikinisho byose by'abana bikoze mu bwoya bw'inyamaswa bidashobora gufurwa bigomba gushyirwa mu ishashi ya palastiki ifunze bikamara ibyumweru bibiri, kugirango amagi yose inda zaba zarateyemo apfe.</p>	<p>Stuffed animals that cannot be washed must be put inside a sealed plastic bag for two weeks, to kill any eggs that the lice may have left inside.</p>