

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.  
**Isuku y'Ibyokurya n'Iyaho dutuye – 1**

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Food Safety and Housekeeping – 1**

**KINYARWANDA**

<p>Umugore wa Li azi umumaro wo kwita ku buzima bw'umuryango we. Iyo barwaye ashobora kutajya ku kazi. Iyo umwana we arwaye asiba ishuli.</p> <p>Madamu Li azi ko icy'ingenzi bashobora gukora kugirango bakomeze kugira ubuzima bwiza haba ku kazi, ku ishuli cyangwa mu rugo, ari ugukaraba intoki kenshi bakoresheje amazi n'isabuni.</p>	<p>Mrs. Li knows how important it is to keep her family healthy. If they get sick, she might not be able to go to work. If her daughter is sick, she cannot go to school.</p> <p>Mrs. Li knows that the most important thing they can do to stay healthy while at work, home or school is to wash their hands often with soap and water.</p>
<p>“Karaba mu ntoki kenshi cyane cyane nyuma yo kuva ku musarani na mbere y'uko wicara ngo ufate icyo kurya.”</p>	<p>“Wash your hands regularly, especially after you've used the bathroom and before you sit down to eat.”</p>
<p>Muri Amerika, amazi ava muri lavabo akoreshwa iyo ukaraba intoki no mu maso ntatandukanye n'ayo kunywa. <b>Si</b> ngombwa kugura amazi yo mu macupa.</p> <p>Mushobora kunywa amazi ava muri robine haba ari mu gikoni cyangwa mu rwogero.</p> <p>Abana banyu bagombye kunywa ayo mazi kubera ko akomeza amenyo bityo akayarinda no kubora.</p>	<p>In America, the same water that comes from the sink where you wash your hands and face is also safe to drink. You do <i>not</i> need to buy bottled water. You can drink the water that comes out of the faucets in both the kitchen and bathroom.</p> <p>Your children should drink this water, because it will make their teeth stronger and help prevent tooth decay or cavities.</p>