

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.
Isuku y'Ibyokurya n'Iyaho dutuye – 3

Safe, Smart and Healthy – Keys to Success in Your New Home
Food Safety and Housekeeping – 3

KINYARWANDA

<p>Umugore wa Adamu akura iyarara (imyanda) mu rugo buri gihe, yirinda ko yaba myinshi mu nzu yabo kuko icyo gihe yatangira kunuka.</p> <p>Gusiga iyarara ry'ibiryo mu nzu bishobora gukurura ibyonyi mu nzu cyangwa inshishi bityo bikaba byatera uburwayi mu muryango.</p> <p>Buri munsu umuryango wa Adamu ushyira iyarara mu mashashi bakayishyira hanze mu kigege cyagenewe gushyirwamo imyanda.</p>	<p>Mrs. Adam removes the garbage from her apartment regularly. She does not let garbage pile up in their home because it can smell badly.</p> <p>Leaving kitchen garbage in your home can also attract rodents and insects. These can carry disease that could make your family sick.</p> <p>Every day, the Adam family places all their garbage in plastic bags and takes it outside to the garbage collection bin.</p>
<p>Kugirango ube mu nzu yawe <i>isukuye</i>, ugomba gusohora ibishingwe. Umugore w'Adamu asukura ibyumba byose by'inzu ye buri gihe.</p> <ul style="list-style-type: none"> • Yoza igikoni n'urwogero akoresheje amazi n'isabune yica udukoko • Yoza lavabo no kumpande zayo akoresheje amashabuni yabigenewe kugirango yirinde mikorobi. • Ahanagura firigo akanakoropa hasi. • Yitondera kandi gukwirakwiza mikorobi igihe arimo yoza. Nk'urugero ntagomba gukoresha eponje yanduye cyangwa se igitambaro amaze guhanaguza mu ryogero, cyangwa hasi yo arimo guhanagura lavabo, ameza, cyangwa aho ariho hose mu gikoni. • Asukura tapi mu bindi byumba akoresheje imashini yabigenewe. • Afura buri gihe ibitambaro, byo kwihanaguza, amashuka, imisego, ibyo kwiyorosa, ibitambaro by'ameza n'indi myenda mu mashini ifura 	<p>In order to stay in your apartment, you must take out the garbage and keep the apartment <i>clean</i>.</p> <p>Mrs. Adam cleans all the rooms in their apartment on a regular schedule.</p> <ul style="list-style-type: none"> • She cleans the kitchen and bathroom with disinfecting products and water. • She cleans the sinks and counters with cleaning products, to prevent germs from spreading. • She wipes out the refrigerator and washes the floor. • She is also very careful not to spread germs from one place to another while cleaning. For example, she would never use a dirty sponge or cloth she just used in the bathroom or on the floor to clean counters, tables, or anywhere in the kitchen. • She cleans the carpeting in the other rooms with a vacuum cleaner. • She washes their towels, sheets, pillow covers, tablecloth and floor cloths, and all clothing in a washing machine on a regular basis.