

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 2

KIRUNDI

<p>Umushingantahe Ba yarize ivyerekeye imigera yo mu bicurane. Ibicurane n'amate ava mu kanwa kawe birimwo imigera ishobora gutuma abantu barwara. Ntuzw wigere ucira mu nzu na <i>rimwe</i>. Umushingantahe Ba yarize ko guciragura vyandagaza imigera ishobora gutuma abandi bantu bagwara, kandi muri Amerika, guciragura bifatwa nko kutagira indero.</p>	<p>Mr. Ba has learned about the germs that are in mucous. The mucous and spittle from your mouth contain germs that can get people sick. Do not spit inside... ever. Mr. Ba has learned that spitting spreads germs and can make other people sick, and it is considered very impolite in America.</p>
<p>Gukororera mu kirere ni ubundi buryo bwo kwandagaza imigera. Ni ingirakamaro cane gufuka ku munwa iyo ukoroye. Akeneye gukorora, umushinganta Ba apfukisha umunwa n' amaboko y'ishati yiwe, canke agakororera mu kwaha. Nk'akarusho, ibibereye ni ugukororera mu mpapuro zabigenewe. Ntakororera mu kiganza kuko aramutse akoze ikintu icyo arico cose, aba ariko arandagaza imigera.</p>	<p>Coughing into the air is another way of spreading germs. It is important to <i>cover your mouth</i> when you cough. If necessary, Mr. Ba covers his mouth with his sleeve, or coughs into his elbow. Or even better, he coughs into a disposable paper tissue, called a Kleenex. He does not cough into his <i>hand</i>, because as soon as he touches things with his hand afterwards, he is spreading germs.</p>
<p>Mu gihe Umushingantahe Ba arwaye ibicurane, akoresha mpapuro za bigenewe, "Kleenex", akimwirira muri izo mpapuro. Ntiwigere na rimwe wimyiza ishati canke ikiganza cawe.</p>	<p>If Mr. Ba has a runny nose, he uses a disposable paper tissue, or Kleenex, and blows or wipes his nose in the tissue. Do not blow your nose into your shirt or your hand.</p>