

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 3

KIRUNDI

<p>Umushinganta Ba yarize kandi ingene ari ingirakamaro gukarabamu ntoki .Igihe cose akororeye muri za mpapuro “Kleenex” canke akoze ibicurane ariko arimyira, aca agenda mw’ikarabiro ariyo (Lavabo) gukaraba akoresheje amazi n’isabune.</p> <p>Gukaraba intoki zawe kenshi ku munsu nico kintu kenerwa c’ingirakamaro ushobora gukora kugira ngo uhagarike igwirirana ry’imigera no kwirinda indwara - wewe n’abana bawe.</p>	<p>Mr. Ba has also learned how very important it is to wash his hands. Anytime he coughs into a paper tissue or touches mucous from his nose, he goes to the sink to wash his hands with soap and water.</p> <p>Washing your hands frequently throughout the day is the most important thing you can do to stop the spread of germs and prevent illness—both for you and your children.</p>
<p>Amavuta arimwo umuti wa arukoro bitagel mu congereza akoreshwa mu gukaraba ashobora kugurwa mu magazini. Ubu ni uburyo bwiza bwo kugirira isuku mu ntoki zawe mu gihe uri kure y’i muhira aho udashobora kuronka amazi n’isabune.</p>	<p>Alcohol-based <i>gels</i> for cleaning your hands can also be purchased in stores. This is a good way to keep your hands clean when you are away from home and soap and water aren’t available.</p>
<p>Igihe cose Umuntu akwiye gukaraba mu ntoki mu gihe avuye kwihherera, n’igihe ahinduye ivyahi vy’umwana. Ni ingirakamaro kandi gukarabaintoki imbere y’ uguteka canke gufungura.</p> <p>Ni vyiza kandi kubungabunga inzara mu kuzica, no kuzoza ukura imyanda iri muri zo. Ataruko, umwanda uri mu nzara zawe ushobora kwandukiza imigera abandi bantu.</p>	<p>Everyone should always wash their hands after they use the toilet, and after they change a baby’s diaper. It is also very important to wash your hands before cooking or eating food.</p> <p>It is also helpful to keep fingernails trimmed short, and to clean beneath the ends of your fingernails. Otherwise, dirt underneath your fingernails can spread germs to other people.</p>