

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 4

KIRUNDI

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| <p>Cokimwe n'ugukaraba kenshi, koga umubiri wose kenshi ni ingirakamaro. Umushingantahe Adam wewe yasanze ibimworoheye ari ukwoga umubiri wose iminsi yose.</p> <p>iyogaY umubiri wose iminsi yose mu gitondo imbere yuko aja ku kazi, akoresheje isabuni y' ukwoga n'amavuta akoreshwa mu kwoga mu mutwe. Ahejeje kwoga, akoresha amavuta amota akayasiga mu kwaha kugirango ntanukire abandi. Mu ntumbero yo kurangura akazi kawe neza, no kugira ngo abana biwe bige neza mw'ishule, birakenewe yuko ugirira isuku umubiri wawe ukawurinda no kunuka.</p> | <p>In addition to washing your <i>hands</i> regularly, it is also very important to wash your <i>body</i> regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.</p> <p>He takes his shower in the morning before he goes to work, using soap for his body and shampoo to clean his hair. After a shower or bath, he uses antiperspirant or deodorant on his underarms, to prevent odor from building up. In order to be successful at work, or for children to succeed at school, it is important that your body be clean and does not have a bad odor.</p> |
| <p>Umupfasoni Li n'umupfasoni Ba barizes ivyerekeye ibikoresho vy'isuku ry'abakenyezi biri muri Amerika. Bakoresha ibikoresho vyagenewe abakenyezi bagura mu mangazini y'imiti canke y'indya, ivyo navyo akaba ari nka tampo, cotex, n'utundi tumwesho twisuku bakoresha rimwe gusa. Kandi bakaba bahindura kenshi ivyo bikoresho, mu kwikingira indwara no kunuka.</p> | <p>Mrs. Li and Mrs. Ba have learned about the feminine hygiene products that are available in America. They use disposable feminine hygiene products they find at the pharmacy or the local grocery store, such as tampons, menstrual pads and panty liners. They make sure to change these regularly, to avoid getting sick and to avoid odor.</p> |