

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Personal Hygiene - 6**

**KIRUNDI**

<p>Umushingantahe Adamu yasanze utuzu twasurwumwetwo muri Amerika dutandukanye nutwo mu gihugu ciwe. Kugirango ukore neza ku kazi canke wige neza mw'ishule, ni ingirakamaro ko umenya ingene bakoresha neza ubwogero hamwe n'akazu ka surwumwe</p>	<p>Mr. Adam found the toilets in America to be different than in his country. To be successful at work and school, it is very important that you know how to use the bathroom and use the toilet correctly.</p>
<p>Umushingantahe Adamu yicara ku musarani agatumbereza umwanda imbere muri uwo musarani. Ntuzw igere na rimwe uhagarara ku musarani.</p> <p>Igihe Umushingantahe Adamu ahejeje kwigarika aca fyonda buto kugira ngo umwanda ugende. Utegerezwa kwugurura amazi yo mu musarani igihe cose uwukoresheje.</p>	<p>Mr. Adam sits down on the toilet seat to be certain that all of his waste goes into the toilet bowl. Never stand on the toilet seat.</p> <p>When Mr. Adam is finished he pushes down on the small handle or button to flush the toilet. You must flush the toilet every time it is used.</p>
<p>Ugurura amazi mugihe ari amasobe, umwanda mukuru, na za nkaratasi zo kwikutura. Ntushiremwo za nkaratasi zo kwihanagura mu maso, ibikoresho vy'isuku ry'abagore arizo mpapuro zisuku, cotex canke za tampo.</p> <p>Umusarani ntukwiriye gukoreshwa nk'ibase yo gukarabiramwo. Umushingantahe Adamu aribuka kandi gukaraba amaboko mu gihe ahejeje kwihagarika.</p>	<p>Flush <i>only</i> urine, feces, and toilet paper. Do not flush paper towels or feminine hygiene products, like sanitary napkins, pads or tampons.</p> <p>The toilet should never be used as a wash basin. Mr. Adam also remembers to wash his hands every time after he is finished.</p>
<p>Umushingantahe n'umupfasoni Ba barizes ingene bokwibuka abandi igihe c'ikoreshwa ry'i base canke lavabo iyo bari bari bategura gusenga. Igihe woza ibirenge vyawe, vyoba vyiza uzanye impuzu canke isume yo kwihanaguza hako ushira ibirenge vyawe mwi base canke muri lavabo.</p>	<p>Mr. and Mrs. Ba have learned how to be considerate of others when using a wash basin or sink to prepare for prayer. When you wash your feet it is best if you bring a cloth or towel to wipe your feet instead of putting your feet up into the wash basin or sink.</p>

Muri Amerika birafatwa cane nko kutisonera gukoresha ibase canke lavabo yurusangi mu kwoza ibirenge kandi zakorewe gukarabirwamwo intoki. Uramutse wogereje ibirenge mu ibase canke lavabo, utegerezwa guhanagura neza amazi yatarukiye hirya no hino no hasi kw'isima.

In America it is considered very impolite or rude to use a wash basin or sink in a public place that is meant for hands to wash your feet. If you *do* wash your feet in the wash basin or sink, be sure to wipe up any water that may have splashed around it, and on the floor.