

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

**KIRUNDI**

<p>Umupfasoni wa Adamu arakura mu nzu yiwe ibisigazwa vy'imfungurwa. Ntarorera ko bigwira mu nzu iwe kuko bishobora kunuka nabi.</p> <p>Kugumiza ibisigazwa vy'impfungurwa mu nzu yawe bishobora kandi gukwegaga imbeba n'udukoko. Ivyo navyo birashobora kuba bifise ingwara zishobora kwanduza umuryango wawe.</p> <p>Imisi yose, umuryango wa Adamu ushira ibisigazwa vy'indya mw'ishashi yagenewe umwanda hanyuma bakabisohora hanze mu kigege c'umwavu.</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>Kugira ngo ntibakwirukane mu nzu, utegerezwa gusohora umwavu ukagirira n'inzu yawe isuku. Umupfasoni wa Adam asukura ivyumba vyose vy'inzu yiwe ubudasiba.</p> <ul style="list-style-type: none"> <li>• Asukura igikoni n'ubwogero akoresheje amazi n'umuti wica udukoko.</li> <li>• Asukura lavabo n'imeza iyikikije akoresheje umuti wo gusukura ibikoresho, mu gukingira igwirirana ry'imigera.</li> <li>• Arahamagura frigo agakoropa no kw'isima.</li> <li>• Aririnda cane kwandagaza imigera mu gihe abari ariko arahamagura. Akarorero, ntiyigera na rimwe akoresha igitambara canduye yakoresheje mu bwogero yakoropesheje iyo ariko arahamagura imeza eka n'ahandi ahariho hose mu gikoni.</li> <li>• Asukura itapi mu bindi vyumba akoresheje akamashini kabigenewe.</li> <li>• Amesura kenshi isume, amashuka, ibitambara vy'imisego, ibitambara vy'imeza, itapi, n'izindi mpuzu mu mashini yo kumesurakumessura.</li> </ul>	<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"> <li>• She cleans the kitchen and bathroom with disinfecting products and water.</li> <li>• She cleans the sinks and counters with cleaning products, to prevent germs from spreading.</li> <li>• She wipes out the refrigerator and washes the floor.</li> <li>• 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.</li> <li>• She cleans the carpeting in the other rooms with a vacuum cleaner.</li> <li>• She washes their towels, sheets, pillow covers, tablecloth and floor cloths, and all clothing in a washing machine on a regular basis.</li> </ul>