

सुरक्षित, तीक्ष्ण तथा स्वस्थ: तपाईंको नयाँ घरमा सफलताको कुञ्जी
व्यक्तिगत सरसफाइ - 1

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene – 1

NEPALI

<p>श्रीमती लि ले व्यक्तिगत सरसफाइबारे ध्यान दिनु कतिको जरुरी छ भनेर सिकेकी छिन् । तपाईंको परिवारको स्वास्थ्यको लागि व्यक्तिगत सरसफाइ एकदम जरुरी छ । यदि तपाईंको दाँत, शरीर या लुगाहरू सफा राखेन र सधैं धोएन भने, तपाईं बिमार हुन सक्नुहुनेछ । श्रीमती लि लाई थाहा छ, व्यक्तिगत सरसफाइ आफ्नो काम र छोरीको स्कुलमा सफलताको लागि पनि जरुरी छ ।</p>	<p>Mrs. Li has learned how important it is to take care of personal hygiene. Personal hygiene is very important to the health of your family. If your teeth, body, and clothes are not kept clean and washed frequently, you can get sick. Mrs. Li knows that personal cleanliness is also important so that she can be successful at work, and her daughter can succeed at school.</p>
<p>श्रीमती लि र उनको छोरीले मुख र दाँतलाई विशेष ध्यान दिन्छन् । हरेक बिहान र सुत्न जानुभन्दा पहिला पनि टुथब्रस र पेस्टले दाँत माइनु एकदम जरुरी छ । यदि तपाईंले सधैं दाँत माइनुभएन भने, तिनमा किरा लाग्न र दुखाई उत्पन्न हुन सक्नेछ; दाँत झर्न पनि सक्छन् ।</p>	<p>Mrs. Li and her daughter give special care to their mouth and teeth. It is very important to brush your teeth with a toothbrush and toothpaste every morning, and also before you go to bed. If you don't brush your teeth regularly they will become infected and can cause you pain. They might even fall out.</p>