

सुरक्षित, तीक्ष्ण तथा स्वस्थ: तपाईंको नयाँ घरमा सफलताको कुञ्जी
व्यक्तिगत सरसफाइ - 2

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene – 2

NEPALI

<p>श्री बा ले राल सिंगानमा हुने कीटाणुहरूबारे जानेका छन् । मुखको राल र थुकमा कीटाणुहरू हुन्छन्, जसले मानिसलाई बيمार गराउन सक्छ । भित्र नथुक्नुहोस्... कहिलै पनि । श्री बा ले, थुकबाट कीटाणुहरू फैलिन्छ र अन्य मानिसलाई बيمार गराउन सक्छ, र अमेरिकामा यसलाई एकदम अभद्र मानिन्छ, भनेर जानेका छन् ।</p>	<p>Mr. Ba has learned about the germs that are in mucous. The mucous and spittle from your mouth contain germs that can get people sick. Do not spit inside... ever. Mr. Ba has learned that spitting spreads germs and can make other people sick, and it is considered very impolite in America.</p>
<p>हावामा खोक्नु कीटाणुहरू फैल्याउने अर्को कारण हो । खोक्दा आफ्नो मुख छोप्नु जरुरी छ । आवश्यक परेमा, श्री बा ले आफ्नो मुख बाहुलाले छोप्ने गर्छन्, या आफ्नो कुहिनोमा खोक्ने गर्छन् । अथवा झन् राम्रो, उनले क्लिनेक्स भनिने डिस्पोजेबल कागजमा खोक्ने गर्छन् । उनले आफ्नो हातमा खोक्दैनन्, किनभने हातले केही कुरा छुनेवितिकै, कीटाणुहरू फैलन जान्छन् ।</p>	<p>Coughing into the air is another way of spreading germs. It is important to <i>cover your mouth</i> when you cough.</p> <p>If necessary, Mr. Ba covers his mouth with his sleeve, or coughs into his elbow. Or even better, he coughs into a disposable paper tissue, called a Kleenex. He does not cough into his <i>hand</i>, because as soon as he touches things with his hand afterwards, he is spreading germs.</p>
<p>श्री बालाई रुघा लागेमा, उनले डिस्पोजेबल कागज, अथवा "क्लिनेक्स" प्रयोग गर्छन्, र यस कागजमा आफ्नो नाक सफा गर्छन् । आफ्नो नाकलाई कमीज या हातले सफा नगर्नुहोस् ।</p>	<p>If Mr. Ba has a runny nose, he uses a disposable paper tissue, or Kleenex, and blows or wipes his nose in the tissue. Do not blow your nose into your shirt or your hand.</p>