

सुरक्षित, तीक्ष्ण तथा स्वस्थ: तपाईंको नयाँ घरमा सफलताको कुञ्जी
व्यक्तिगत सरसफाइ - 3

Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene – 3

NEPALI

<p>श्री बा ले हात धुनु कति जरूरी छ भनेर पनि सिकेका छन् । उनले कागजमा खोकेका बेला अथवा सिंगान छोएका बेला, उनी साबुन पानीले हात धुनका लागि सिंकमा जान्छन् ।</p> <p>तपाईं र तपाईंका बच्चाहरूका लागि — कीटाणुहरू फैलन र रोगबाट सुरक्षाका निमित्त दिनभरिनै हात धुनु एकदम महत्वपूर्ण छ।</p>	<p>Mr. Ba has also learned how very important it is to wash his hands. Anytime he coughs into a paper tissue or touches mucous from his nose, he goes to the sink to wash his hands with soap and water.</p> <p>Washing your hands frequently throughout the day is the most important thing you can do to stop the spread of germs and prevent illness—both for you and your children.</p>
<p>हात धुनका लागि अल्कोहलमा आधारित तरल पदार्थ पनि पसलबाट किन्न सकिन्छ । घरबाट टाडा रहेका बेला तथा साबुन पानी नहुँदा तपाईंको हात सफा गर्ने यो राम्रो तरिका हो ।</p>	<p>Alcohol-based <i>gels</i> for cleaning your hands can also be purchased in stores. This is a good way to keep your hands clean when you are away from home and soap and water aren't available.</p>
<p>प्रत्येक व्यक्तिले सौचालय गएपछि, तथा शिशुको डाइपर बदलेपछि, सधैं आफ्नो हात सफा गर्नुपर्छ । खाना पकाउनु या खानुभन्दा पहिला पनि हात धुनु एकदम जरूरी छ ।</p> <p>हातका नंगहरू छोटा राख्नु, तथा नंगको चेपमा सफा गर्न पनि जरूरी छ । अन्यथा, नंगभित्रको फोहरबाट कीटाणुहरू अन्य व्यक्तिहरूमा पनि फैलिन सक्छन् ।</p>	<p>Everyone should always wash their hands after they use the toilet, and after they change a baby's diaper. It is also very important to wash your hands before cooking or eating food.</p> <p>It is also helpful to keep fingernails trimmed short, and to clean beneath the ends of your fingernails. Otherwise, dirt underneath your fingernails can spread germs to other people.</p>