

# सुरक्षित, तीक्ष्ण तथा स्वस्थ: तपाईंको नयाँ घरमा सफलताको कुञ्जी

## व्यक्तिगत सरसफाइ - 4

### Safe, Smart and Healthy – Keys to Success in Your New Home Personal Hygiene – 4

#### NEPALI

तपाईंको हात सधैं धुनुका साथै, आफ्नो शरीर पनि सधैं सफा राख्नु एकदम जरुरी छ । यसका लागि हरेक दिन नुहाउनु नै श्री बालाई सजिलो उपाय लागेको छ ।

काममा जानुभन्दा पहिला हरेक विहान उनी नुहाउने गर्छन्, शरीरमा साबुन र कपालमा श्याम्पु प्रयोग गरेर । नुहाइसकेपछि, उनले काखिमा गन्ध हुन नदिनलाई, पसिना नआउने या डियोडरेन्ट प्रयोग गर्छन् । काममा, अथवा बच्चाहरूलाई स्कुलमा सफल हुनलाई, आफ्नो शरीर सफा तथा नराम्रो गन्ध नआउने हुनु जरुरी छ ।

In addition to washing your *hands* regularly, it is also very important to wash your *body* regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.

He takes his shower in the morning before he goes to work, using soap for his body and shampoo to clean his hair. After a shower or bath, he uses antiperspirant or deodorant on his underarms, to prevent odor from building up. In order to be successful at work, or for children to succeed at school, it is important that your body be clean and does not have a bad odor.

श्रीमती लि तथा श्रीमती बा ले, महिलाका लागि अमेरिकामा पाइने सफाइका बस्तुहरूबारे थाहा पाएका छन् । यी औषधि पसल या स्थानीय ग्रोशरीमा पाइने डिस्पोजेबल वस्तुहरू हुन, जस्तै ट्याम्पुन, महिनावारीको प्याड तथा प्यान्टि लाईनरहरू । बिमारी तथा गन्धबाट बच्नका लागि उनीहरूले नियमित रूपमा यिनलाई बदल्ने गर्छन्, ।

Mrs. Li and Mrs. Ba have learned about the feminine hygiene products that are available in America. They use disposable feminine hygiene products they find at the pharmacy or the local grocery store, such as tampons, menstrual pads and panty liners. They make sure to change these regularly, to avoid getting sick and to avoid odor.