

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Nadaafadda Shakhsiyeed - 1**

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

**SOMALI**

<p>Marwo Li waxay baratay sida ay muhiim u tahay inay ka shaqeyso sixada shakhsiga. Sixadda shakhsigu si weyn bay muhiim ugu tahay caafimaadka qoyskaaga. Haddii ilkahaaga, jidhkaaga iyo dharkaaga aan la nadiifin oo aan marrar badan la dhiqin, waad jiran kartaa. Marwo Li way ogtahay in nadaafadda qofku muhiim u tahay inay ku guulaysato shaqada, iyo in inanteedu ku guulaysato dugsiga.</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>Marwo Li iyo inanteeda waxay si gaar ah u daryeelaan afkooda iyo ilkahooda. Waxa si weyn muhiim u ah inaad ilkahaaga ku cadaydid burush iyo dawada ilkaha subax kasta, iyo waliba ka hor inta aanad seexan. Haddii aanad si joogto ah u cadayan ilkahaagu way caabuqi doonaan waxana ay kuu keeni doonaan xanuun; xiitaa way soo dhici karaan.</p>	<p>Mrs. Li and her daughter give special care to their mouth and teeth. It is very important to <b>brush your teeth</b> 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>