

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Nadaafadda Shakhsiyeed - 6**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene - 6**

**SOMALI**

<p>Mudane Adam waxa uu arkay in musqulaha Maraykanku ka duwan yihiin kuwii wadankiisa. Si aad ugu guuleysatid shaqada iyo dugsiya, waxa si weyn muhiim u ah inaad taqaanid sida saxda ah ee loo isticmaalo qolka qubeyska iyo musqusha.</p>	<p>Mr. Adam found the toilets in America to be different than in his country. To be successful at work and school, it is very important that you know how to use the bathroom and use the toilet correctly.</p>
<p>Mudane Adam waxa uu ku fadhiistay kursiga musqusha si uu u habsado in dhamaan qashinkiisu galo godka musqusha. Marna ha ku dul istaagin kursiga musqusha.</p> <p>Marka Mudane Adam uu dhameysto waxa uu riixayaa gacan yar ama meel si uu musqusha u biyo raaciyoo. Waa inaad musqusha biyo raacisid wakhti <i>kasta</i> oo aad isticmaashid.</p>	<p>Mr. Adam sits down on the toilet seat to be certain that all of his waste goes into the toilet bowl. Never stand on the toilet seat.</p> <p>When Mr. Adam is finished he pushes down on the small handle or button to flush the toilet. You must flush the toilet <i>every</i> time it is used.</p>
<p>Biyo raaci <i>kaliya</i> kaadida, xaarka, iyo waraaqaha musqusha. Ha biyo raacin shukumaannada ama alaabta sixada haweenka, sida suufka dhiigga caadada loo xidho ama loo gashado.</p> <p>Waa inaan marna godka musqusha loo isticmaalin goob gacmo-dhaqasho. Mudane Adam waxa kale oo uu xusuustaa inuu gacmihiisa dhaqo wakhti <i>kasta</i> ka dib marka uu dhameysto.</p>	<p>Flush <i>only</i> urine, feces, and toilet paper. Do not flush paper towels or feminine hygiene products, like sanitary napkins, pads or tampons.</p> <p>The toilet should never be used as a wash basin. Mr. Adam also remembers to wash his hands every time after he is finished.</p>
<p>Mudane Ba iyo Marwo Ba waxay bardeen inay dadka kale qadariyaan marka ay isticmaalayaan saxanka gacmo-dhaqashada si ay isugu diyaariyaan salaadda. Marka aad dhaqaysid cagahaaga waxa fiican inaad soo qaadatid maro ama shukumaan aad ku masaxdid cagahaaga halka aad cagaha ka dhex galin lahayd saxanka gacmo-dhaqashada.</p>	<p>Mr. and Mrs. Ba have learned how to be considerate of others when using a wash basin or sink to prepare for prayer. When you wash your feet it is best if you bring a cloth or towel to wipe your feet instead of putting your feet up into the wash basin or sink.</p>

Wadanka Maraykanka waxa edeb-daro weyn ah inaad cagahaaga ku dhaqdid saxan dhaqista gacmaha loogu talagalay oo ku yaala goob dadweyne. Haddii ay *noqoto* inaad cagahaaga ku dhaqdid saxanaka gacmo-dhaqashada, u hubso inaad masaxdid wixii biyo agagaarka iyo dhulka kaaga daata ama aad ku saydhid.

In America it is considered very impolite or rude to use a wash basin or sink in a public place that is meant for hands to wash your feet. If you *do* wash your feet in the wash basin or sink, be sure to wipe up any water that may have splashed around it, and on the floor.