

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Nadaafadda Shakhsiyeed - 7**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene - 7**

**SOMALI**

<p>Marwo Li waxa dugsiiga inanteedu soo ogeysiiyay in caruurta ay soo gaadheen injirta madaxa, taasoo ah xasharad ama cayayaan isku aasa maqaarka madaxa. Waxay noqotay inay injir ka fiiriso madaxa iyo maqaarka madaxa ee inanteeda, oo ay raacdo fariimo gaar ah oo ku saabsan sida looga takhaluso injirta.</p>	<p>Mrs. Li was notified by her daughter's school that the children had been exposed to head lice, an insect that buries itself in the scalp. She had to check her daughter's head and scalp for lice and then follow specific instructions to get rid of the lice.</p>
<p>Inanteedu waxay u baahatay shaamboodaaweysan si loo dilo injirta ku jirta timaheeda iyo maqaarka madaxeeda, ka dibna waxay u baahdeen inay biyo kulul ku dhaqaan dhamaan gogosha iyo go'yaasha guriga.</p>	<p>Her daughter needed a medicated shampoo to kill the lice in her hair and scalp, and they then needed to wash all the bedding and clothes in the house with hot water.</p>
<p>Xayawaanka dufka ama dhogorta ah ee caruurta ku ciyaarto ee aan la dhiqi karin, waa in lagu rido bac hawada ka xidhan mudo ah laba todobaad, si loo dilo ukunta laga yaabo in injirtu gudaha kaga tagtay.</p>	<p>Stuffed animals that cannot be washed must be put inside a sealed plastic bag for two weeks, to kill any eggs that the lice may have left inside.</p>