

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Ammaanka Cuntada iyo Shaqo Guri - 1**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Food Safety and Housekeeping - 1**

SOMALI

<p>Marwo Li waxay og tahay sida ay muhiim u tahay in la dhawro caafimaadka qoyskeeda. Haddii ay jirato, waxa laga yaabaa inaanay awoodin inay tagto shaqada. Haddii inanteedu jirato, ma tagi karto dugsiga.</p> <p>Marwo Li waxay taqaanaa, in waxa ugu muhiimsan ee ay qaban karaan si u yeeshaan caafimaad marka ay joogaan guriga ama dugsiga, uu yahay gacmahooda oo ay marrar badan ku dhaqaan saabuun iyo biyo.</p>	<p>Mrs. Li knows how important it is to keep her family healthy. If they get sick, she might not be able to go to work. If her daughter is sick, she cannot go to school.</p> <p>Mrs. Li knows that the most important thing they can do to stay healthy while at work, home or school is to wash their hands often with soap and water.</p>
<p>“Si joogto ah u dhaq gacmahaaga, gaar ahaan marka aad isticmaashid musqusha ka dib iyo inta aanad u fadhiisan cuntada ka hor.”</p>	<p>“Wash your hands regularly, especially after you’ve used the bathroom and before you sit down to eat.”</p>
<p>Gudaha Maraykanka, isla biyaha ka socda tuubada saxanka gacmo-dhaqashada ee aad ku dhaqidid gacmahaaga iyo wajiga ayaa ah biyo ammaan ah oo la cabi karo. <i>Uma</i> baahnid inaad iibsatid biyo dhalo ku jira. Waxa aad cabi kartaa biyaha ka socda tuubada jikada ama madbakha iyo qolka qubeyska.</p> <p>Waa in carruurtaadu cabaan biyahan sababta oo ah waxay ilkahooda ka dhigi doontaa kuwo xoog leh, waxana ay ka hortagi doontaa ilko bololka ama godadka ama suuska.</p>	<p>In America, the same water that comes from the sink where you wash your hands and face is also safe to drink. You do <i>not</i> need to buy bottled water. You can drink the water that comes out of the faucets in both the kitchen and bathroom.</p> <p>Your children should drink this water, because it will make their teeth stronger and help prevent tooth decay or cavities.</p>