

Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya Usafi wa Kibinafsi - 1

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

SWAHILI

<p>Bi. Li amejifunza umuhimu wa usafi wa kibinafsi. Usafi wa kibinafsi ni muhimu sana kwa afya ya familia yako. Kama meno, mwili, na nguo zako si safi, unaweza kupata magonjwa. Bi. Li anajua ya kwamba usafi ni muhimu sana ili aweze kufaulu kazini, na mtoto wake wa kike anaweza kufaulu shuleni.</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>Bi. Li na mtoto wake wa kike huhakikisha kwamba mdomo na meno yao yao ni safi. Ni muhimu sana kupiga mswaki na dawa ya meno kila asubuhi, na pia kabla ya kwenda kulala. Ukikosa kupiga mswaki mara kwa mara, meno yako yataambukizwa na kusababisha maumivu. Yanaweza pia kungoka.</p>	<p>Mrs. Li and her daughter give special care to their mouth and teeth. It is very important to brush your teeth 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>