

# Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya Usafi wa Kibinafsi - 2

## Safe, Smart and Healthy – Keys to Success in Your New Home Personal Hygiene - 2

### SWAHILI

<p>Bw. Ba amejifunza kuhusu vijidudu vilivyo kwenye makamasi. Makamasi na mate kutoka kwenye mdomo wako yana <b>vijidudu</b> ambavyo vinaweza kufanya watu wawe wagonjwa. Usiteme mate ndani ya majengo... <b>kamwe</b>. Bw. Ba amejifunza ya kwamba kutema mate hueneza magonjwa na kunaweza kufanya watu kuwa wagonjwa, pia, kutema mate, ni kukosa adabu, nchini Marekani.</p>	<p>Mr. Ba has learned about the germs that are in mucous. The mucous and spittle from your mouth contain <b>germs</b> that can get people sick. Do not spit inside... <b>ever</b>. Mr. Ba has learned that spitting spreads germs and can make other people sick, and it is considered very impolite in America.</p>
<p><b>Kukohoa</b> hewani ni njia nyingine ya kueneza vijidudu. Ni muhimu <i>kufunika mdomo wako</i> wakati unapokohoa. Ikiwezekana, Bw. Ba hufunika mdomo wake na shati lake, au kukohoa kwenye kiko chake. Ni bora zaidi, yeye kukohoa kwenye tishu inayoweza kutupwa, inayoitwa <b>Kleenex</b>. Hakohoi kwenye <i>mkono</i> wake, kwa sababu punde tu anapogusa vitu na mikono yake baadaye, atakuwa akieneza vijidudu.</p>	<p><b>Coughing</b> into the air is another way of spreading germs. It is important to <i>cover your mouth</i> when you cough. If necessary, Mr. Ba covers his mouth with his sleeve, or coughs into his elbow. Or even better, he coughs into a disposable paper tissue, called a <b>Kleenex</b>. He does not cough into his <i>hand</i>, because as soon as he touches things with his hand afterwards, he is spreading germs.</p>
<p>Kama Bw. Ba ana homa, yeye hutumia tishu inayoweza kutupwa, au Kleenex, na kupangusa pua yake na tishu. Usitoe makamasi kwenye shati au mkono wako.</p>	<p>If Mr. Ba has a runny nose, he uses a disposable paper tissue, or Kleenex, and blows or wipes his nose in the tissue. Do not blow your nose into your shirt or your hand.</p>