

Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya Usafi wa Kibinafsi - 3

Safe, Smart and Healthy – Keys to Success in Your New Home Personal Hygiene - 3

SWAHILI

<p>Bw. Ba amejifunza pia umuhimu wa kunawa mikono yake. Wakati wowote anapokohoa kwenye tishu au anapogusa makamasi kutoka kwenye pua lake, yeye huenda kwenye sinki na kuosha mikono yake kwa sabuni na maji.</p> <p>Kunawa mikono yako mara kwa mara siku nzima ndilo jambo muhimu kabisa, unaloweza kufanya ili kukomesha vijidudu kuenea na kuzuia magonjwa - kwako na kwa watoto wako.</p>	<p>Mr. Ba has also learned how very important it is to wash his hands. Anytime he coughs into a paper tissue or touches mucous from his nose, he goes to the sink to wash his hands with soap and water.</p> <p>Washing your hands frequently throughout the day is the most important thing you can do to stop the spread of germs and prevent illness—both for you and your children.</p>
<p>Jeli zinazoua vijidudu na kuosha mikono yako zinaweza kununuliwa madukani. Hii ni njia bora ya kuweka mikono yako safi wakati uko mbali na nyumbani, na sabuni na maji hayapatikani.</p>	<p>Alcohol-based <i>gels</i> for cleaning your hands can also be purchased in stores. This is a good way to keep your hands clean when you are away from home and soap and water aren't available.</p>
<p>Kila mtu anapaswa kunawa mikono yake kila wakati baada ya kutumia choo, na baada ya kubadilisha nepi ya mtoto. Ni muhimu sana pia kuosha mikono yako kabla ya kupika au kula chakula.</p> <p>Ni muhimu pia kuweka kucha za vidole zikiwa zimekatwa, na kusafisha chini ya kucha zako za vidole. Uchafu chini ya kucha zako za vidole unaweza kueneza vijidudu kwa watu wengine.</p>	<p>Everyone should always wash their hands after they use the toilet, and after they change a baby's diaper. It is also very important to wash your hands before cooking or eating food.</p> <p>It is also helpful to keep fingernails trimmed short, and to clean beneath the ends of your fingernails. Otherwise, dirt underneath your fingernails can spread germs to other people.</p>