

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Usafi wa Kibinafsi - 6**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 6**

SWAHILI

<p>Bw. Adam aliona kuwa vyoo nchini Marekani ni tofauti na vya nchi yake. Ili kufaulu kazini na shuleni, ni muhimu sana ujue jinsi ya kutumia bafu, na kutumia choo vizuri.</p>	<p>Mr. Adam found the toilets in America to be different than in his country. To be successful at work and school, it is very important that you know how to use the bathroom and use the toilet correctly.</p>
<p>Bw. Adam hukalia choo ili kuwa na uhakika kwamba kinyesi chake chote kinaenda ndani ya bakuli ya choo. Kamwe usisimame juu ya choo.</p> <p>Wakati Bw. Adam anapomaliza, yeye husukuma chini mkono mdogo au kitufe ili kufoka choo. Lazima ufoke choo kila wakati kinapotumiwa.</p>	<p>Mr. Adam sits down on the toilet seat to be certain that all of his waste goes into the toilet bowl. Never stand on the toilet seat.</p> <p>When Mr. Adam is finished he pushes down on the small handle or button to flush the toilet. You must flush the toilet every time it is used.</p>
<p>Foka tu mkojo, kinyesi, na karatasi ya choo. Usifoke taulo za karatasi – au bidhaa za usafi za wanawake kama vile, pedi za hedhi au visodo.</p> <p>Choo hakipaswi kutumiwa kama karai ya kuosha vitu. Bw. Adam hukumbuka pia kunawa mikono yake kila wakati baada ya kumaliza.</p>	<p>Flush <i>only</i> urine, feces, and toilet paper. Do not flush paper towels or feminine hygiene products, like sanitary napkins, pads or tampons.</p> <p>The toilet should never be used as a wash basin. Mr. Adam also remembers to wash his hands every time after he is finished.</p>
<p>Bw. na Bi. Ba huwafikiria wengine wakati wa kutumia sinki kabla ya maombi. Wakati unapoosha miguu yako, ni bora kubeba kitambaa au taulo ili kujipanguza miguu badala ya kuweka miguu yako kwenye sinki</p>	<p>Mr. and Mrs. Ba have learned how to be considerate of others when using a wash basin or sink to prepare for prayer. When you wash your feet it is best if you bring a cloth or towel to wipe your feet instead of putting your feet up into the wash basin or sink.</p>
<p>Nchini Marekani ni kinyume cha mila kutumia sinki katika mahali pa umma ambapo pamekusudiwa kwa mikono, uoshee miguu yako. Kama ni lazima uoshe miguu yako kwenye sinki, hakikisha umepanguza maji ambayo umemwaga kwenye sinki na sakafu.</p>	<p>In America it is considered very impolite or rude to use a wash basin or sink in a public place that is meant for hands to wash your feet. If you <i>do</i> wash your feet in the wash basin or sink, be sure to wipe up any water that may have splashed around it, and on the floor.</p>