

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Usalama wa Chakula na Utunzaji nyumba - 1**

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

SWAHILI

<p>Bi. Li anajua umuhimu wa kuweka familia yake katika afya nzuri. <u>Wakiwa</u> wagonjwa, huenda asiweze kwenda kazini. Kama <i>mtoto wake wa kike</i> ni mgonjwa, hataweza kwenda shule.</p> <p>Bi. Li anajua kwamba, jambo la muhimu kabisa wanaloweza kulifanya ili kuwa katika afya nzuri wakiwa kazini, nyumbani au shuleni ni kunawa mikono yao mara kwa mara, kwa sabuni na maji.</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>“Wash your hands regularly, especially after you’ve used the bathroom and before you sit down to eat.”</p>	<p>“Wash your hands regularly, especially after you’ve used the bathroom and before you sit down to eat.”</p>
<p>Nchini Marekani, maji hayo hayo yanayotoka kwenye sinki unayonawia mikono na uso wako, pia ni salama <u>kunywa</u>. <i>Sio</i> lazima ununue maji ya chupa. Unaweza kunywa maji ambayo yanatoka kwenye mifereji ya jikoni na bafu.</p> <p>Watoto wako wanapaswa kunywa maji haya, kwa sababu yatafanya meno yao kuwa yenye nguvu zaidi na husaidia kuzuia meno kuoza au mivungu.</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>