

**ድህነት ብልጽግና ጥረት-ምን መፍትሕ ምህባላችሁም አብ ሓድሽ ገዛችሁም  
ውልቃዊ ጽሬት - 4**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene - 4  
TIGRINYA**

<p>ብተውሳኺ ምሕጸብ አእዳውካ፣ ብቀጸሊ አካላትካ ምሕጸብ ኣዚዩ ኣድላዩ እዩ። ኣቶ ኣዳም ነዚ ብዝቐለለ መንገዲ መዓልታዊ ኣካላቱ ክሕጸብ ኣድላዩ ምኻኑ ተገንዚቡ ኣሎ።</p> <p>ንግሆ ቅድሚ ስርሑ ምኻዱ ንኣካላቱ ብሰሙና፣ ንጸጉሪ ርእሱ ድማ ብሻምቦ ይሕጸብ። ድሕሪ ምሕጸብ ኣካላቱ፣ ንሕማቕ ሽታ ንምክልኻል ጨና ኣብ ትሽትሹ ይገብር። ኣብ ስርሑ ዕውት ንምኻንን ደቁውን ኣብ ቤት ትምህርቶም ዕውታት ንክኾኑን ንኣካላቶም ጽሩይን ሕማቕ ሽታ ዘይብሉ ኪኸውን ኣዚዩ ኣድላዩ እዩ።</p>	<p>In addition to washing your <i>hands</i> regularly, it is also very important to wash your <i>body</i> regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.</p> <p>He takes his shower in the morning before he goes to work, using soap for his body and shampoo to clean his hair. After a shower or bath, he uses antiperspirant or deodorant on his underarms, to prevent odor from building up. In order to be successful at work, or for children to succeed at school, it is important that your body be clean and does not have a bad odor.</p>
<p>ወ/ሮ ሊን ወ/ሮ ባን ፍርያት ንጽህና ናይ ደቂ ኣንስትዮ ኣብ ኣሜሪካ ዘሎ ተማሂሮንኦ ኣለዋ። ተጠቐምካ እትድርብዮም ፍርያት ናይ ደቂ ኣንስትዮ ካብ ቤት መደሃኒት ወይ ካብ ጠባቂ ድኻን እትገዘእ ሞዴስ ከም ታምፓን፣ ምኒስትሮል ፓልሱ፣ ፓንቲናይሊርስ ይጥቀማ። ካብ ምሕማምን ሕማቕ ሽታ ንምድሓን ከኣ ብቐጸሊ ክቅይርኦ ከረጋግጸ ኣለወን።</p>	<p>Mrs. Li and Mrs. Ba have learned about the feminine hygiene products that are available in America. They use disposable feminine hygiene products they find at the pharmacy or the local grocery store, such as tampons, menstrual pads and panty liners. They make sure to change these regularly, to avoid getting sick and to avoid odor.</p>

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