

**ድህነት ብልጽግና ጥሂናቹምን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም
ውልቃዊ ጽሬት - 6**

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

TIGRINYA

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| <p>አቶ አዳም አብ ሃገሩ ዘሎ ሽንት ቤትን አብ አሜሪካ ዘሎ ፍልልይ ከምዘለዎ ተገንዚቡ ኣሎ። አብ ስራሕን አብ ቤት ትምህርትን ዕውት ንምዃን፣ አጠቓቕማ ባኖን ሽንቲ ቤትን ክትፈልጥ አዝዩ ኣድላዩ እዩ።</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>አቶ አዳም አብ ኮፍ መበሊ ናይ ሽቓቕ ኮፍ ኢሉ ኩሉ ደጊኡ አብ ውሽጢ ዓይኒ ምድሪ ከም ዝሸደ የረጋግጽ። አብ ልዕሊ ኮፍ መበሊ ናይ ሽቓቕ ኣይደኖብን እዩ። አቶ አዳም ምስ ወድአ በታ ንእሽቶ መጠውቂት፣ ማይ ይደፍኣሉ። አብ ኩሉ ጊዜ ዝተጠቐምካሉ ጠቂቕካ ማይ ከዓወሉ።</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>ሽንቲ ማይን ቀልቀልካን ወረቐት ሽቓቕን ማይ ክትደፍኣሉም ይከኣል። ካልእ ናውቲ ከም ወረቐት መጽረይ ኢድ ናይ ደቂ ኣንስትዮ ሞዴስ ነገራት ከም ታምፓን ዝኣመሰሉ፣ ዝድርብ ነገራት፣ አብ ሽቓቕ ማይ ደፊእካ ክትሰዶም ኣይትፈትን። ዓይኒ ምድሪ ከም ናውቲ ንመሕጸቢ ገጽ ፈጸምካ ክትጥቀመሉ ኣይግባኣካን። አቶ አዳም ሽቓቕ ተጠቂሙ ምስ ወድአ ኩሉ ጊዜ ኣእዳዉ ክሕጽብ ኣይርስዎን እዩ።</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> |

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| <p>አቶ ባን ምስ በዓልቲ ቤቶም ንኸሕጸቡ ክዳለዉ ከለዉ ኣብ መሕጸቢ ገጽ ወይ ኣብ መሕጸብ ኣቋሑት፣ ጥንቃቄ ክገብሩ ኣብ ግምት ያእትዉ እዩም። እግርኻ ምስ ተሓጸብካ ኣብ ክንዲ ኣብ መሕጸቢ ገጽ እተንቅጽ፣ ብጨርቂ ጌርካ ክትደርዞ ይግባእ።</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>ኣብ ኣሚሪካ ኩሉ ህዝቢ ዝጥቀሙሉ ቦታታት እቲ ንኣዳውካ ክትሕጸበሉ ዝግባእከ መሕጸቢ ገጽ ወይ መሕጸቢ ኣቋሑት፣ እግርኻ ክትሕጸበሉ ኣዝዩ ነውሪ እዩ። እንተድኣ ኣእጋርካ ኣብ መሕጸቢ ገጽ ተሓጸብካ፣ ዝኾነ ማይ ኣብቲ ቦታን ኣብ ምድሪ ቤትን ዘንጠብካዮ ክተጽርዮ ዘከር።</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> |

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