

**ድህነት ብልጽግና ጥሂናሹምን መፍትሕ ምህባላሹም ኣብ ሓድሽ ገዛሹም
ውልቃዊ ጽሬት - 7**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 7
TIGRINYA**

<p>ወ/ሮ ሊ ካብ ቤት ትምህርቲ ጓላ ፣ ቁማል ርእሷ ከምተባዛሐ ተሓቢርዎ ኔይሩ። ቁማል ኣብ ቆርቦት ርእሷ ለጊዖም ከኣ ይርከቡ። ጓላ ቁማል ርእሷ ከምዘለዎን ከምዘይብላን ከተረጋግጽ ተሓቢርዎ ኔሩ። ከመይ ኔይራ ከም እተልግሶም ከኣ መሓብርታ ክትከታተል ኣለዎ።</p>	<p>Mrs. Li was notified by her daughter’s school that the children had been exposed to head lice, an insect that buries itself in the scalp. She had to check her daughter’s head and scalp for lice and then follow specific instructions to get rid of the lice.</p>
<p>ጓላ መድሃኒት ዘለዎ ሻምፖ ተጠቐማ ነቶም ኣብ ጸጉራ ዘለዉ ቁማል ከተጥፍኦም ኣለዎ። ናውቲ ዓራትን ክዳውንትን ኣብ ገዛ ዘለዉ ብውፁይ ማይ ኔራ ከተጽርዮም ኣለዎ።</p>	<p>Her daughter needed a medicated shampoo to kill the lice in her hair and scalp, and they then needed to wash all the bedding and clothes in the house with hot water.</p>
<p>ባንቡላታትን ካልኦት ክሕጸቡ ዘይክእሉ፡ ኣብ ጎማ ዓሺግኻ ንክልተ ሰሙን ኣቀምጦም፡ ኣብኡ ዝተረኸቡ እንጂ ቁሓ ቁማል መታን ክመቱ።</p>	<p>Stuffed animals that cannot be washed must be put inside a sealed plastic bag for two weeks, to kill any eggs that the lice may have left inside.</p>