

**ድህነት ብልጽግና ጥሂናቸውን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም  
ውሕስነት መግብን አተሓሕዛ ገዛን - 1**

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

<p>ወ/ሮ ሊ ጥዕና ሰድራቤታ ክሕሎ አዝዩ እድላዬ ምኅኑ ትርጉም እያ። እንተደኣ ሓሚሞም ንሰራሕ ክትከይድ ከምዘይትክእል ትፈልጥ እያ። እንተደኣ ንሓ ሓሚማ ንቤት ትምህርቲ ክትከይድ ኣይትክእልን እያ።</p> <p>ወ/ሮ ሊ መታን ሰድራቤታ አብ ገዛ፣ አብ ሰራሕ፣ አብ ቤት ትምህርቲ፣ ብጥዕና ዝተሓለዉ ኮይኖም ኪርከቡ እቲ ዝበለጸ ኪገብርዎ ዘለዎም አእዳዎም ብሳሙናን ማይን ክሕጸቡ ከምዘለዎም ትርጉም እያ።</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>ብፍላይ ካብ ሽንት ቤት ምስ ወጻእካን ቅድሚ መግቢ ምብላዕካን ኣእዳውካ ውትሩ ተሓጸብ።</p>	<p>“Wash your hands regularly, especially after you’ve used the bathroom and before you sit down to eat.”</p>
<p>አብ አሜሪካ እቲ ካብ መሕጸቢ ገጽ ንመሕጸቢ ኣእዳውካ ገጽካ ዚመጽእ ማይ ንክትሰትዮ ውሑስ እዩ። ማይ ጥርመሱ ንክትገዝእ ኣየድልዎካን እዩ። ካብ ክሸነን ካብ ባኞን ዚመጽ ማይት ንክትሰትዮም ውሑሳት እዮም።</p> <p>መታን አስናኖም ክድልድልን ካብ ምሕሳብ ስኖም ክከላከሉም ቆልዑትኩም እዚ ማይ እዚ ክሰትይዎ ይግብእም።</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>

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