

**ድህነት ብልጽግና ጥሂናቸውን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም  
ውሕሰት መግብን አተሓሕዛ ገዛን - 3**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Food Safety and Housekeeping - 3  
TIGRINYA**

<p>ወ/ሮ አዳም ወትሩ ጓሕፍ ካብ ኢፓርታማኦ ተግዕዞ። አብ ገዝኦ ገዥ ተረፍ ጓሕፍ አይትሐድግን እያ፣ ምክንያቱ ሕማቕ ስለዝጨኑ።</p> <p>ጓሕፍ ናይ ክሸን አብ ገዛኻ ምሕዳግ ጽንጽያንን አናጽን ዓዳሚ እዩ። እዚኦም ከኣ አብ ስድራቤትካ ሕማም ንክምጽኡ ጠንቂ ኪኾኑ ዝክእሉ እዮም።</p> <p>ስድራቤት ኣቶ አዳም ኩሉ መግልቲ ንጓሕፍም አብ ፕላስቲክ ኣእቲዮም ናብቲ መኣክብ ኅሓፍ ዘሎ ቦታ ይወስድዎ።</p>	<p>Mrs. Adam removes the garbage from her apartment regularly. She does not let garbage pile up in their home because it can smell badly.</p> <p>Leaving kitchen garbage in your home can also attract rodents and insects. These can carry disease that could make your family sick.</p> <p>Every day, the Adam family places all their garbage in plastic bags and takes it outside to the garbage collection bin.</p>
<p>አብ ኢፓርታማኻ ክትቅመጥ እንትደኣ ኮይኑ፣ ጓሕፍ ንግዳም ንከተውጽኦን ኢፓርታማካ ብጽሬት ክትሕዞን ናይ ግድን እዩ። ወ/ሮ አዳም ኩላቶም ክፍልታት ኢፓርታማኦ ብመደብ ተጽርዮም።</p> <ul style="list-style-type: none"> <li>• ክሸንን ባኞን ብመምክንን ብማይን ጌይራ ተጽርዮም።</li> <li>• መሕጸቢ ኣቕሕትን መዝፈፍን፣ ብመጽረዩ ካብ ጀርምታት ንክይባዘሉ ምክልኻል ተጽርዮ።</li> <li>• ንፍርጅ(ተላጃ) ትውልውሎን ምድሪ ቤት ድማ ትሓጽቦን።</li> <li>• ከተጽሪ እንኮላውን መታን ጀርምታት ካብ ሓደ ናብ ሓደ ከይመሓላለፉ ብጣዕሚ ትጥንቀቅ እያ። ንኣብነት ነቲ አብ ባኞ ወይውን ንምድሪ ቤት(ሲሚንቶ) ንምጽራይ ዝተጠቐመትሉ ሰፍንግ ወይውን ጨርቂ፣ አብ መብረቕ ሰደቓ ኮነ አብ ጣውላ፣ ወይውን አብ ዝኾነ አብ ክሸን አይትጥቀሙን እያ።</li> <li>• ብመጽረይ መኪና መስሓቢ ርስሓት ጌራ አብ ውሽጢ ቤት ንዘሎ ምንጻፍ ተጽርዮ።</li> </ul>	<p>In order to stay in your apartment, you must take out the garbage and keep the apartment <i>clean</i>.</p> <p>Mrs. Adam cleans all the rooms in their apartment on a regular schedule.</p> <ul style="list-style-type: none"> <li>• She cleans the kitchen and bathroom with disinfecting products and water.</li> <li>• She cleans the sinks and counters with cleaning products, to prevent germs from spreading.</li> <li>• She wipes out the refrigerator and washes the floor.</li> <li>• She is also very careful not to spread germs from one place to another while cleaning. For example, she would never use a dirty sponge or cloth she just used in the bathroom or on the floor to clean counters, tables, or anywhere in the kitchen.</li> <li>• She cleans the carpeting in the other rooms with a vacuum cleaner.</li> </ul>

<ul style="list-style-type: none"> <li>• ሽጎማኖታትን፣ እንሶላታትን፣ መሽፈን መተርኳላታትን፣ ናይ ጣውላን ጨርቅታትን ከምኡውን ናይ ምድሪ ቤት መወልወል፣ ጨርቅታትን ካልኦት ኩላቶም ክዳውንትን መስጸቢት መኪና ጌራ ብግቡእ ትሓጽቦም።</li> </ul>	<ul style="list-style-type: none"> <li>• She washes their towels, sheets, pillow covers, tablecloth and floor cloths, and all clothing in a washing machine on a regular basis.</li> </ul>
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