

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገርዎ ስኬታማ የሚያደርግዎ ቀልፎች
 የግል ንጽህና - 3

Safe, Smart and Healthy – Keys to Success in Your New Home
 Personal Hygiene - 3

AMHARIC

<p>አቶ ባ አጆቹን መታጠብ ምን ያህል አስፈላጊ እንደሆነ ያውቃል። በማንኛውም ጊዜ በሶፍት ላይ ሲያስልም ሆነ በአፍንጫው ላይ ያለ ንፍጥ ከነካ፣ ወደ መታጠቢያ ገንዳው በመሄድ አጆቹን በውሃ እና በሳሙና ይታጠባል።</p> <p>አጆቹን በቀን ውስጥ በተደጋጋሚ መታጠብ የጀርምቶችን መዛመት ለመግታት እና በሽታን ለመካለክል አርሰዎ ሊያደርጉት የሚችሉት በጣም አስፈላጊ ነገር ነው - ይህም ለአርሰዎ ብሎም ለአጆቹ ጠቃሚ ነው።</p>	<p>Mr. Ba has also learned how very important it is to wash his hands. Anytime he coughs into a paper tissue or touches mucous from his nose, he goes to the sink to wash his hands with soap and water.</p> <p>Washing your hands frequently throughout the day is the most important thing you can do to stop the spread of germs and prevent illness—both for you and your children.</p>
<p>አልኮል ባለው ፈላሽ ወይም ጆል አጆቹን ለማጽዳት ከመደብሮች ሊገዛ ይችላል። ይህ ከመኖሪያ ቤትዎ አፋት በሚሆኑበት ጊዜ እና ሳሙና እና ውሃ በማይገኝበት ጊዜ የአጆቹን ንጽህና ለመጠበቅ በጣም ጥሩ መንገድ ነው።</p>	<p>Alcohol-based <i>gels</i> for cleaning your hands can also be purchased in stores. This is a good way to keep your hands clean when you are away from home and soap and water aren't available.</p>
<p>ሁሉም ሰው ምንገዜም መጸዳጃ ቤት ከተጠቀመ በኋላ እና የሀገናት ዳይፐር ከቀየረ በኋላ አጆቹን መታጠብ አለበት። እንዲሁም ምግብ ከማብሰልዎ በፊት እና ከመመገብዎ በፊት አጆቹን መታጠብ በጣም አስፈላጊ ነው።</p> <p>የአጆቹን ጥፍር በአጭሩ መቀረጥ እና የጥፍርዎን ስር በሚገባ ማጽዳትም ጠቃሚ ነው። ይህ ካልሆነ ግን በጥፍርዎ ስር ያለው ቀሻሻ ወደ ሌሎች ሰዎች ጀርምቶች እንዲዛመቱ ያደርጋል።</p>	<p>Everyone should always wash their hands after they use the toilet, and after they change a baby's diaper. It is also very important to wash your hands before cooking or eating food.</p> <p>It is also helpful to keep fingernails trimmed short, and to clean beneath the ends of your fingernails. Otherwise, dirt underneath your fingernails can spread germs to other people.</p>

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