

**Safe, Smart and Healthy – Keys to Success in Your New Home
 Personal Hygiene - 4**

AMHARIC

<p>አጆችን በየጊዜው ከመጣጠብም በተጨማሪ ሰውነትንም በየጊዜው መታጠብ በጣም አስፈላጊ ነው። አቶ አዳም ለዚህ ተላል መንገድ ሆኖ ያገኘው ነገር በየአለቱ ገላውን መታጠብ ነው።</p> <p>ጠዋት ስራ ከመሄዱ በፊት ሰውነቱን በሳሙና የሚታጠብ ሲሆን ለጸጉሩ ደግሞ ሻምፓ ይጠቀማል። ገላውን ከታጠበ በኋላ የብብት ሽታን፣ ለመከላከል የሽታ መከላከያ (ዲኦኦራንት) ይጠቀማል። በስራ ቦታ ላይ ስኬታማ ለመሆን፣ ወይም ልጆችን በትምህርት ቤት ስኬታማ እንዲሆኑ፣ የሰውነት ገጽሀ መሆን እና መጥፎ ሽታ የሌለው መሆኑ በጣም አስፈላጊ ነው።</p>	<p>In addition to washing your <i>hands</i> regularly, it is also very important to wash your <i>body</i> regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.</p> <p>He takes his shower in the morning before he goes to work, using soap for his body and shampoo to clean his hair. After a shower or bath, he uses antiperspirant or deodorant on his underarms, to prevent odor from building up. In order to be successful at work, or for children to succeed at school, it is important that your body be clean and does not have a bad odor.</p>
<p>ወይዘሮ ሊ እና አቶ ባ በአሜሪካ ውስጥ ሰላሳ የሴቶች ጤና መጠበቂያ ምርቶች ያውቃሉ። በመድሃኒ ቤት ወይም በየአካባቢው ባሉ መደብሮች ውስጥ የሚገኙትን ከተጠቀሙ በኋላ የሚጣሉ የሴቶች ጤና አጠባበቅ ምርቶችን እንደ ሞደሎች የወር አበባ መቀበያዎች፣ እና በሴቶች የውስጥ ሱሪ ላይ የሚለጠፍ ከጣህፀን የሚወጣን ፈሳሽ መቀበያ ያሉትን ይጠቀማሉ። እንዳይታመሙ እና መጥፎ ጠረጎን ለመከላከል እነኝህ በየጊዜው መቀየራቸውን ያረጋግጣሉ።</p>	<p>Mrs. Li and Mrs. Ba have learned about the feminine hygiene products that are available in America. They use disposable feminine hygiene products they find at the pharmacy or the local grocery store, such as tampons, menstrual pads and panty liners. They make sure to change these regularly, to avoid getting sick and to avoid odor.</p>

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