

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.
Pumpak ceu i dam nak caah i thian fai ning – 1**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene – 1
HAKHA CHIN**

<p>Mrs. Li nih pumpak thenh hlin nak a bia pit ning kong a thieh fiang. Nang mah pumpak thenh thlim nak ah hin na chung khar ngan dam nak ca zong aha biapi tuk mi asi. Na har, na tak na hni puan hna na suk kengmang hna lo ah cun na zaw kho. Mrs li nih pumpak I thenh hlimh nakthawng in a rian ttuan nak ah a awngmin kho, a fa nu sianginn kai nak ca zong ah awng min nak a um lai ti a theih.</p>	<p>Mrs. Li has learned how important it is to take care of personal hygiene. Personal hygiene is very important to the health of your family. If your teeth, body, and clothes are not kept clean and washed frequently, you can get sick. Mrs. Li knows that personal cleanliness is also important so that she can be successful at work, and her daughter can succeed at school.</p>
<p>Mrs. Li le a fanu nih an haa le an kaa a hleiceh in an i zoh khenh. Zing fa tin te le Zan fatin te na ih lai poah ah na haa i ttawl leng mang ding hi a biapi tuk mi a si. Na haa na ttawl leng mang lo ah cun rungrul nih a ei lai i a fak lai i, an tlawng lai.</p>	<p>Mrs. Li and her daughter give special care to their mouth and teeth. It is very important to brush your teeth with a toothbrush and toothpaste every morning, and also before you go to bed. If you don't brush your teeth regularly they will become infected and can cause you pain. They might even fall out.</p>