

**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 – 2**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene – 2
HAKHA CHIN**

<p>Mr. Ba nih a khak ah rung rul a um ti a theih. Na kaa chung i na cil le na khak ah zawt nak a chuah ter kho tu runrul hna an um. Inn chung khawika hmun paoh ah na cil chak hlah. Mr. Ba nih cil chak nak hna in midang zawt nak chawnh khawh a si ti a theih. American ram ah cil hna a ken kip i chak saw sawh hi hruh ah rel a si.</p>	<p>Mr. Ba has learned about the germs that are in mucous. The mucous and spittle from your mouth contain germs that can get people sick. Do not spit inside... ever. Mr. Ba has learned that spitting spreads germs and can make other people sick, and it is considered very impolite in America.</p>
<p>Khuh tik ah thli nih zawt nak rung rul a karh ter. Na khuh tik ah na kaa i hup.</p> <p>A herh tik ah Mr. Ba nih a ban pawr zawn i a angki in a hmur aa huh or a khio kar lak ah a khu. Asiloah a ttha deuch chin mi cu voikhat ca long i hman mi tissue (Kleenex) ah a kaa aa hup. A kut zapei in a hmur aa hup lo ze i ca tiah a khuh khawh le cang ka l a tong mi thil cung ah rung rul hna an karh lai a theih.</p>	<p>Coughing into the air is another way of spreading germs. It is important to <i>cover your mouth</i> when you cough.</p> <p>If necessary, Mr. Ba covers his mouth with his sleeve, or coughs into his elbow. Or even better, he coughs into a disposable paper tissue, called a Kleenex. He does not cough into his <i>hand</i>, because as soon as he touches things with his hand afterwards, he is spreading germs.</p>
<p>Mr. Ba cu cumpi in a zat tik ah voi khat ca long i hman ding mi cahku ah a hnap aa hnawh. Na kut in asiloah na ang ki in na hnap i hnawt hlah.</p>	<p>If Mr. Ba has a runny nose, he uses a disposable paper tissue, or Kleenex, and blows or wipes his nose in the tissue. Do not blow your nose into your shirt or your hand.</p>