

**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 – 5**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene – 5
HAKHA CHIN**

<p>Na tak ah rim chia a um nak hnga lo na thenh hlim le na thilri, hnipuan, ihphah, chantling khuh hna na suk leng mang a herh. Mrs. Li le a fanu cu tawhrol chung nawh lo in an um bal lo, ni fa tinte a thing mi an I hruk I a thur mi an suk peng.</p> <p>Hngak chia thawk in a ho zawng nih a thiang mi taw hrolh chung nawh ni fa te an i thlen leng mang awk a si. Hngak chia hna inn i an um lo tik ah a thiang mi tawhrolh chung nawh he um terding an si i a mah te in zun put a kal thiam rih lo mi bawh te a si ah cun tawdenh (diaper) an hman awk a si.</p>	<p>To keep your body clean and avoid odor, it is also important for you to wash your clothing and your bedding on a regular basis. Mrs. Li makes sure that she and her daughter wear underwear only once before washing it and they put on clean underwear each day.</p> <p>All children and adults should wear clean underwear every day. Children must be covered by underwear when they are not at home, or a diaper if they don't know how to use a toilet yet.</p>
<p>Mrs. Li nih a chung khar hna hmuza ni khat an i hruk ah hin a suk cawlh leng mang i, zeit tik hmanh ah a thiang mi mu za an i hruk peng. Hngawng le zak a tawng mi ang ki voikhat hnih, i hruk ah sk tthan colh ding a si. Bong bi sau hna zong voi hnih thum I hruk ah cun suk tthan colh ding a si.</p>	<p>Mrs. Li also makes sure that socks are worn only <i>once</i> before being washed again, and that her family puts on clean socks every day.</p> <p>Shirts and clothing that touches the neck and underarms can be worn one or two times before washing. Pants or trousers can be worn two or three times before washing.</p>
<p>Mrs. Li nih a mah le a fanu ihphah khuh caan hmaan te in a thlen leng mang ih phah khuh lo in ihphah a hmang bal lo. Zerh hnih ah voikhat ih phah khuh suk leng mang ding a si.</p>	<p>Mrs. Li also regularly changes the sheets on her own bed and her daughter's bed. She always uses sheets to cover the bed mattress. Sheets should be washed regularly, at least every two weeks.</p>
<p>A fa nu ruah lo pi in ihkhun cung ah a un hna aa ceh sual asiloah a hnawm mi ihphah kuh ah a hmuh ah cun a ran nak in a suk colh.</p>	<p>If her daughter has an accident and urinates or soils the sheets while sleeping, the sheets must be washed <i>immediately</i>.</p>

<p>Mrs. Li nih hngak chia takpum ah a zan khua die zun he aa ciah kho lo ti a theih. Zei tik hmanh ah zun ceh sual kong ah a fanu a velh bal lo ze catiah hngak chia si nak cu upat deuh hnu ah a tlau te ko lai ti a theih.</p>	<p>Mrs. Li understands that younger children's bodies can't always hold urine all night long. She would never get angry or punish her child for accidentally urinating in her sleep, because this is natural and the problem should go away as her daughter gets older.</p>
<p>A sang deuh mi inn hlan ah cun thil suk nak seh an pek hna a si lo ah Laundromat ti mi hna sin ah ngah khawh a si. A hman zong a fawi te i thil suk zong a awl.</p> <p>Na um nak inn khan ah thilsuk nak seh a um lo ah cun thilsuk nak le ro ter nak seh ah na phaisa nah man a her.</p>	<p>Washing machines are sometimes provided in a furnished apartment building, or can be found in a laundromat. They are easy to use and make washing clothes and bedding very simple.</p> <p>Unless you have a washing machine in your <i>own</i> apartment, you need to bring money to operate most washing machines and dryers.</p>