

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့-တၢ်ရူၣ်လၢနကအိၣ်မူၣ်ဒီးတၢ်မၤနၢၤလၢနဟံၣ်အသီ

နီၣ်ကစၢ်တၢ်ကဆဲးကဆိ- 1

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

KAREN

<p>မံးစံးလံမၤလိန့ၢ်တၢ်လၢတၢ်ကွၢ်ထွဲနီၣ်ကစၢ်တၢ်ကဆဲးကဆိန့ၣ်အရူၣ်ထဲလဲၣ်အဂ့ၢ်လီၤ. နီၣ်ကစၢ်တၢ်ကဆဲးကဆိန့ၣ်အရူၣ်မးလၢနဟံၣ်ဖိဖိအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်လီၤ. နမဲ,နနီၣ်ကစၢ်နတၢ်ကူၣ်တၢ်ကတဖၣ်နမ့ၢ်တဟ်ကဆဲးကဆိအိၣ်ဒီး မၤကဆိအိၣ်ဒဲအံၤဒဲအံၤဘၣ်ဒီးနအိၣ်တဆူၣ်သ့လီၤ.မံးစံးလံသ့ၣ်ညါ လၢနီၣ်ကစၢ်အတၢ်ကဆဲးကဆိန့ၣ်အရူၣ်မ့ၢ်လၢအဝဲကအိၣ်ဆူၣ်ဒီးမၤဘၣ်တၢ်ဂ့ၤ ဂ့ၤဒီးအဖိမုၣ်စ့ၢ်ကိးကထီၣ်ဘၣ်ကွဲၣ်ဂ့ၤလီၤ.</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>မံးစံးလံဒီးအဖိမုၣ်ကွၢ်ထွဲလီၤဆိအကိၣ်ပူၤဒီးအမဲတဖၣ်န့ၣ်လီၤ.အရူၣ်လၢ နကဘၣ်ထူးနမဲဒီးတၢ်ထူးမဲဘိးကသံၣ်ထူးမဲကိးဂီၤဒီးတချုးန့ၣ်လီၤမံအခါ စ့ၢ်ကိးန့ၣ်လီၤ.နမ့ၢ်တထူးနမဲထီဘိန့ၣ်အယၢ်ကအိၣ်,နမဲကဆိဒီးပိၣ်ကွဲၣ်လဲၣ်လီၤ.</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>

Text is from 'Safe, Smart and Healthy: Keys to Success in Your New Home' created by the Ohio Department of Job and Family Services - Refugee Services Section. This handout has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Blanket Purchase Agreement No. HHSN276201400002B.