

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ  
 သီ  
 နီၣ်ကစၢ်တၢ်ကဆဲးကဆိ- 7

**Safe, Smart and Healthy – Keys to Success in Your New Home  
 Personal Hygiene - 7**

**KAREN**

<p>မံးစံးလံအဖိမုၢ်အကိၣ်ကိးဒီးသ့ၣ်ညါအီၤလၢဖိသၣ်တဖၣ်တၢ်ထံၣ်လၢအခိၣ်          အိၣ်ဒီးသ့ၣ်လၢအမ့ၢ်တၢ်ဖိယၢ်လၢအအိၣ်လၢခိၣ်ဘ့ၣ်လိၤန့ၣ်လီၤ.အဝဲကဘၣ်ကွၢ်          အဖိအခိၣ်ဘ့ၣ်ဒီးကွၢ်ယုမ့ၢ်သ့ၣ်အိၣ်ခါဝံၤကဘၣ်လူၤပိၣ်ဝဲတၢ်နဲၣ်ကျဲလၢကမၤ          ဟးမၤကွၢ်သ့ၣ်တဖၣ်အဂီၢ်လီၤ.</p>	<p>Mrs. Li was notified by her daughter's school that the children had been exposed to head lice, an insect that buries itself in the scalp. She had to check her daughter's head and scalp for lice and then follow specific instructions to get rid of the lice.</p>
<p>အဖိမုၢ်ကဘၣ်ပံၤအခိၣ်ဒီးတၢ်ပံၤခိၣ်လၢအအိၣ်ဒီးကသံၣ်လၢကမၤသံသ့ၣ်လၢအ          အိၣ်သ့ၣ်ဒီးအခိၣ်ဘ့ၣ်ဖိခိၣ်ဝံၤဒီးကဘၣ်ဆုၣ်ဝဲလီၢ်မံၤဒီးတၢ်ကူၣ်တၢ်ကၤလၢဟံၣ်ပူၤ          တဖၣ်ဒီးထံၣ်ချီကိၢ်တဖၣ်လီၤ.</p>	<p>Her daughter needed a medicated shampoo to kill the lice in her hair and scalp, and they then needed to wash all the bedding and clothes in the house with hot water.</p>
<p>တၢ်ဂီၤဖိလၢတၢ်ဆုၣ်အီၤတသ့တဖၣ်,တၢ်ကဘၣ်ဟံၣ်အီၤလၢဖျးစတံးထၢၣ်ဖးဒီး          အပူၤဝံၤကးဘၢအခိၣ်ခံၣ်ယုၣ်ယုၣ်,လၢကမၤသံသ့ၣ်အိၣ်လၢအအိၣ်တဖၣ်          အဂီၢ်လီၤ.</p>	<p>Stuffed animals that cannot be washed must be put inside a sealed plastic bag for two weeks, to kill any eggs that the lice may have left inside.</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