

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.

Isuku y'Umubiri wacu – 2

Safe, Smart and Healthy – Keys to Success in Your New Home

Personal Hygiene – 2

KINYARWANDA

<p>Ba yamenye ko hari za mikorobe ziba mu macandwe. Mu macandwe habamo mikorobe zishobora gutera abantu uburwayi. Ntuzigere ucira hasi mu nzu...<i>na rimwe</i>. Ba azi ko guciragura bikwirakwiza mikorobe zitera abantu kurwara. Kandi muri Amerika guciragura bigaragaza ikinyabupfura gike.</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>Gukorora ni ubundi buryo bwo gukwirakwiza mikorobe. Ugomba kwipfuka umunwa igihe ukorora.</p> <p>Iyo bibaye ngombwa, Ba yipfukisha umwenda yambaye ku munwa, cyangwa agakororera mu kwaha. Ndetse ubundi akoresha udupapuro tw'isuku bita 'Kleenex'. Ntakororera mu kiganza kuko agize ikintu afata muri ako kanya yahita agishyiraho za mikorobe.</p>	<p>Coughing into the air is another way of spreading germs. It is important to <i>cover your mouth</i> when you cough. 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>Iyo Ba afite ibicurane, akoresha impapuro z'isuku cyangwa 'Kleenex' yimyira cyangwa yihanagura ku mazuru. Ntugomba kwihanaguza ishata cyangwa intoki ku mazuru.</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>