

सुरक्षित, तीक्ष्ण तथा स्वस्थ: तपाईंको नयाँ घरमा सफलताको कुञ्जी

व्यक्तिगत सरसफाइ - 5

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

NEPALI

<p>तपाईंको शरीर सफा राख्न र गन्धबाट बच्नका लागि, आफ्नो लुगा र ओछ्यानहरू नियमित रूपमा सफा गर्नु पनि जरूरी हुन्छ । श्रीमती लि र उनकी छोरीले कट्टु एकपटक मात्र लगाएर धोइहाल्छन्, तथा सधैं उनीहरूले सफा कट्टु लगाउने गर्छन् ।</p> <p>सबै बच्चा तथा ठुलाहरूले सधैं सफा कट्टु लगाउने गर्नुपर्छ । शिशुहरूलाई घरमा नहुँदा कट्टु, या टोइलेट गर्न नजान्ने भए डाइपर लगाइदिनुपर्छ ।</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.</p> <p>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>श्रीमती लि ले मोजा पनि एकपटक मात्र लगाएर धोइहाल्छिन्, र उनको परिवारले पनि हरेक दिन सफा मोजा लगाउने गर्छन् ।</p> <p>कमीज तथा गला र काखि छुने अरु लुगाहरू एकदुइपटक लगाएर धुन सकिन्छ । प्यान्ट र सुरालहरू दुइ तीन पटक लगाएर धुन सकिन्छ ।</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>श्रीमती लि ले सधैं आफ्नो तथा छोरीको पलंगको तन्ना पनि फेर्ने गर्छिन् । तोसकलाई ढाक्न उनले सधैं तन्ना प्रयोग गर्छिन् । तन्नालाई नियमित रूपमा धुनुपर्छ, कमसेकम प्रत्येक दुइ हप्तामा एकपटक ।</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>यदि उनको छोरीले सुतेको बेला दिसा पिसाब गरेमा, तन्नालाई तुरन्तै धुनुपर्छ ।</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>श्रीमती लि ले साना बच्चाहरूले रातभरि पिसाब चेपिराख्न सकदैनन् भनेर बुझेकी छिन् । निदाएका बेला अचानक पिसाब गरेमा आफ्ना बच्चासित कहिलै रिसाउने या सजाय दिने गर्दिनन्, किनभने यो सामान्य समस्या हो तथा उनकी छोरी ठुली भएपछि यो समस्या हराएर जानेछ ।</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>कहिलेकाहिँ फर्निस्ड एपार्टमेन्टहरूमा वाशिंग मेशीनहरू राखिएका हुन्छन्, अथवा तिनलाई लाउन्ड्रोम्याटमा पनि पाउन सकिन्छ । यिनीहरूलाई चलाउन सजिलो हुन्छ तथा यिनीहरूले लुगा र ओछ्यानका कपडाहरू धुन सजिलो बनाउँछन् ।</p> <p>तपाईंसित आफ्नै एपार्टमेन्टमा वाशिंग मेशीन नभएसम्म, धेरैजसो वाशिंग मेशीन र ड्रायरलाई चलाउन तपाईंसित पैसा हुनुपर्छ ।</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>