

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Nadaafadda Shakhsiyeed - 2**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene - 2**

**SOMALI**

<p>Mudane Ba waxa uu wax ka ogaaday jeermiga ku jira xaakada. Xaakada iyo candhuufta ka yimaada afkaaga waxa ku jira jeermi dadka ku ridi kara jiro. Waligaa candhuuf ha ku tufin gudaha meel xiran. Mudane Ba waxa uu ogaaday in tufidda candhuuftu ay fidiso jeermiga oo ay dadka kale cudur ku ridi karto, isla markaana waxa tufidda candhuufta loo haystaa inay edeb-daro ka tahay wadanka Maraykanka.</p>	<p>Mr. Ba has learned about the germs that are in mucous. The mucous and spittle from your mouth contain <b>germs</b> that can get people sick. Do not spit inside... <b>ever</b>. Mr. Ba has learned that spitting spreads germs and can make other people sick, and it is considered very impolite in America.</p>
<p>Hawada oo aad ku qufacdid ayaa iyaduna ah qaab kale oo uu jeermigu ku fido. Waxa muhiim ah inaad dabooshid afkaaga marka aad qufacaysid.</p> <p>Haddii ay lagama-maarmaan tahay, waxa uu Mudane Ba afkiisa ku daboolaa gacanta shaadhkiisa ama shaatigiisa, ama waxa uu ku qufacaa suxulkiisa. Ama waxa ka sii fiican oo uu ku qufacaa waraaq la tuuri karo oo la yidhaahdo Kleenex. Kuma qufaco gacantiisa sababta oo ah ka dib marka uu gacantiisa ku taabto alaab, waxa uu fidinayaa jeermi.</p>	<p><b>Coughing</b> 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 <b>Kleenex</b>. 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>Haddii Mudane Ba uu sanku duuf ka socdo waxa uu isticmaalaa waraaq la tuuri karo, ama “Kleenex,” wuuna ku duufsadaa ama ku masaxaa sankiisa waraaqda. Ha iskaga duufin shaadhkaaga ama gacantaada.</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>