

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Nadaafadda Shakhsiyeed - 4**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene - 4**

**SOMALI**

<p><i>Gacmahaaga</i> oo aad si joogto ah u dhaqdid ka sokow, waxa sidoo kale si weyn muhiim u ah inaad <i>jidhkaaga</i> si joogto ah u dhaqdid. Mudane Adam waxa uu ogaaday in habka ugu fudud ee taa loo sameyn karo ay tahay isaga oo maalin kasta qubeysta.</p> <p>Waxa uu qubeystaa subixii ka hor inta aanuu tagin shaqada, isagoo jidhkiisa marinaya saabuun timahana ku nadiifinaya shaambo. Ka dib qubeyska, waxa uu kilkishiisa mariyaa lidka dhididka ama barafuunka lidka urta, si uu uga hortago ur meeshaas ku ururta. Si aad ugu guulaysatid shaqada, ama si caruurta ugu guulaystaan dugsiga, waxa muhiim ah in jidhku nadiif yahay oo aanuu lahayn ur xun.</p>	<p>In addition to washing your <i>hands</i> regularly, it is also very important to wash your <i>body</i> regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.</p> <p>He takes his shower in the morning before he goes to work, using soap for his body and shampoo to clean his hair. After a shower or bath, he uses antiperspirant or deodorant on his underarms, to prevent odor from building up. In order to be successful at work, or for children to succeed at school, it is important that your body be clean and does not have a bad odor.</p>
<p>Marwo Li and Marwo Ba waxay wax ka barten alaabooyinka sixadda haweenka ee laga helo Maraykanka. Waxay isticmaalaan alaabooyinka sixadda haweenka ee la tuuri karo ee ay ka helaan farmasiga ama dukaanada degmada, sida suufka galiska ah (tampon), suufka caadada iyo suufka surwaalka qoyaanka ka celiya. Waxay u hubsadaan inay kuwaas si joogto ah u beddelaan, si ay uga baxsadaan (ama hortagaan) inay jiradaan iyo si ay uga baxsadaan (ama hortagaan) urta.</p>	<p>Mrs. Li and Mrs. Ba have learned about the feminine hygiene products that are available in America. They use disposable feminine hygiene products they find at the pharmacy or the local grocery store, such as tampons, menstrual pads and panty liners. They make sure to change these regularly, to avoid getting sick and to avoid odor.</p>