

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Ammaanka Cuntada iyo Shaqo Guri - 3**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Food Safety and Housekeeping - 3**

SOMALI

<p>Marwo Adam si joogto ah ayay qashinka uga qaadaa abaarmankeeda. Ma oggalaato in qashinku ku ururo gurigooda sababta oo ah waxa uu yeelan karaa ur xun.</p> <p>Qashinka jikada oo u daysid gurigaaga waxa kale oo uu soo jiidan karaa jirka ama dooliga iyo cayayaanka. Kuwaasi waxay siddi karaan cudur qoyskaaga jiro ku ridi kara.</p> <p>Maalin kasta, qoyska Adam waxa uu dhammaan qashinkooda ku ridaa baco waxana ay geeyaan haanta qashinka lagu ururiyo.</p>	<p>Mrs. Adam removes the garbage from her apartment regularly. She does not let garbage pile up in their home because it can smell badly.</p> <p>Leaving kitchen garbage in your home can also attract rodents and insects. These can carry disease that could make your family sick.</p> <p>Every day, the Adam family places all their garbage in plastic bags and takes it outside to the garbage collection bin.</p>
<p>Si aad caafimaad ugu heshid abaarmaankaaga, waa inaad dibadda iska geysid qashinka oo aad abaarmanka ka dhigtid <i>nadiif</i>. Marwo Adam si joogto ah ayay u nadiifisaa dhamaan qolalka abaarmankooda.</p> <ul style="list-style-type: none"> • Waxay jikada iyo qolka qubeyska ku nadiifisaa walax jeermiga dilaysa iyo biyo. • Waxay saxamada dhiqista gacmaha iyo dusha miisaska ku nadiifisaa walxaha nadiifinta, si looga hortago in jeermigu fido. • Waxay masaxdaa qaboojiyaha oo ay dhaqdaa dhulka. • Waxa kale oo ay si weyn uga taxadirtaa in aanay jeermiga meel ka qadin oo meel kale ku fidin marka ay wax nadiifinayso. Tusaale ahaan, marna maro ama buush wasakh ah oo ay ku isticmaashay musqusha ama dhulka uma isticmaali doonto inay ku nadiifiso dusha miisaska, kuraasta, ama meel ah jikada. • Waxay roogga ama qadiifadaha qolalka kale ku nadiifisaa mishiinka faakiyuum. • Waxay si joogto ah mishiinka dhaqista ugu dhaqdaa shukumaannada ama tuwaalada, go'yaasha, galka barkimooyinka, marada miiska iyo maryaha dhulka, iyo dhamaan dharka. 	<p>In order to stay in your apartment, you must take out the garbage and keep the apartment <i>clean</i>.</p> <p>Mrs. Adam cleans all the rooms in their apartment on a regular schedule.</p> <ul style="list-style-type: none"> • She cleans the kitchen and bathroom with disinfecting products and water. • She cleans the sinks and counters with cleaning products, to prevent germs from spreading. • She wipes out the refrigerator and washes the floor. • She is also very careful not to spread germs from one place to another while cleaning. For example, she would never use a dirty sponge or cloth she just used in the bathroom or on the floor to clean counters, tables, or anywhere in the kitchen. • She cleans the carpeting in the other rooms with a vacuum cleaner. • She washes their towels, sheets, pillow covers, tablecloth and floor cloths, and all clothing in a washing machine on a regular basis.