

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Usafi wa Kibinafsi - 4**

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

SWAHILI

Zaidi ya kunawa *mikono* yako mara kwa mara, ni muhimu sana kuosha **mwili** wako mara kwa mara. Bw. Adam amepata njia rahisi ya kufanya hivi ni **kuoga** mwili kila siku.

Yeye huoga asubuhi kabla ya kwenda kazini, kwa kutumia **sabuni** kwenye *mwili* wake na **shampoo** ili kuosha *nywele* zake.

Baada ya kuoga, yeye hutumia kiuu harufu (au deodorant) kwapani, ili kuzuia harufu mbaya. Ili kufaulu kazini, au kwa watoto kufanikiwa shuleni, ni muhimu kwamba mwili wake uwe msafi na usiwe na harufu mbaya.

In addition to washing your *hands* regularly, it is also very important to wash your *body* regularly. Mr. Adam has found that the easiest way to do this is to take a shower every day.

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.

Bi. Li na Bi. Ba hutumia **bidhaa za usafi za wanawake** zinazopatikana Marekani katika duka la dawa au la mboga. Bidhaa hizi zinaweza kutupwa baada ya matumizi, kama vile **visodo, pedi za hedhi na vikingachupi, vingine vinaitwa “panty liners”**. Wana hakikisha *wanazibadilisha* mara kwa mara, ili kuepuka kuwa wagonjwa na kuepuka harufu.

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.