

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Usafi wa Kibinafsi - 7**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 7**

SWAHILI

<p>Bi. Li alifahamishwa na shule ya mtoto wake wa kike kwamba watoto huenda wakawa na chawa, mdudu anayejificha kwenye ngozi ya kichwa. Ilimbidi akague nywele za mtoto wake wa kike na ngozi ya kichwa kama atapata chawa, na kisha kufuata maelezo muhimu ya kuondoa chawa.</p>	<p>Mrs. Li was notified by her daughter's school that the children had been exposed to head lice, an insect that buries itself in the scalp. She had to check her daughter's head and scalp for lice and then follow specific instructions to get rid of the lice.</p>
<p>Mtoto wake wa kike alihitaji shampuu yenye dawa ili kuuwa chawa katika nywele na ngozi yake ya kichwa. Kisha walihitaji kuosha matandiko yote na nguo nyumbani na maji moto.</p>	<p>Her daughter needed a medicated shampoo to kill the lice in her hair and scalp, and they then needed to wash all the bedding and clothes in the house with hot water.</p>
<p>Wanyama sesere ambao hawawezi kuoshwa lazima wawekwe ndani ya mfuko wa plastiki uliofungwa kwa wiki mbili. Hii huuwa <i>mayai</i> yote ambayo chawa huenda waliacha ndani.</p>	<p>Stuffed animals that cannot be washed must be put inside a sealed plastic bag for two weeks, to kill any eggs that the lice may have left inside.</p>