

Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya Usalama wa Chakula na Utunzaji nyumba - 3

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

SWAHILI

<p>Bi. Adam huondoa takataka kutoka kwenye flati yao mara kwa mara. Huwa haruhusu takataka kujaa nyumbani kwa sababu inaweza kunuka vibaya.</p> <p>Kuacha takataka za jikoni ndani ya nyumba yako kunaweza pia kuvutia wanyama wadogo na wadudu. Wadudu hawa wanaweza kubeba ugonjwa ambao unaweza kufanya familia yako kuwa wagonjwa.</p> <p>Kila siku, familia ya Adam huweka takataka zao zote katika mifuko ya plastiki na kuzipeleka nje kwenye pipa la kukusanya takataka.</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>Ili kuendelea kuishi katika flati yako, lazima utoe nje takataka na uweke flati ikiwa safi. Bi. Adam husafisha vyumba vyote katika flati yao mara kwa mara.</p> <ul style="list-style-type: none">• Yeye huosha jikoni na bafuni kwa maji na bidhaa za kuuwa vijidudu.• Yeye huosha sinki na kaunta na bidhaa za kusafisha, ili kuzuia wadudu dhidi ya kuenea.• Yeye hupanguza friji na kuosha sakafu.• Yeye pia ni mwangalifu ili asieneze vjidudu kutoka mahali pamoja, hadi pengine wakati wa kuosha. Kwa mfano, hawezi kutumia sponji au nguo chafu aliyoitumia bafuni au kwenye sakafu ili kuosha kaunta, meza, au <i>mahali popote</i> jikoni.• Yeye husafisha zulia katika vyumba vingine na kivuta vumbi.• Yeye huosha taulo zao, shuka, vifuko vya mito, vitambaa vya meza, na vitambaa vya sakafu, na nguo zote katika mashine ya kuosha nguo mara kwa mara.	<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.