

**ድህነት ብልጽግና ጥረናችሁን መፍትሕ ምረባላችሁም አብ ሓድሽ ገዛችሁም
ውልቃዊ ጽሬት - 1**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Personal Hygiene - 1
TIGRINYA**

<p>ከመይ ጠቓሚ ምኅኑ ተማሂራ አላ። ውልቃዊ ጽሬትና፣ ንጽሬት ቤተሰብና አዚዩ ጠቓሚ እዩ። እንተድኣ ንሰኻ፣ አካላትካን ክዳውንትኻን ብጽሬት እንተድኣ ዘይሒ ዝካዮም ብቀጻሊውን እንተዘይ ተሓጺቦምን ንሕማም ጠንቂ እዮም። ወ/ሮ ሊ አብ ስራሕ ዕውቲ ክትከውንን አዋልዳ አብ ቤት ትምህርቲ ዕውታት ንክኾና ውልቃዊ ጽሬት ከመይ ጠቓሚ ምኅኑ ትፈልጥ እያ።</p>	<p>Mrs. Li has learned how important it is to take care of personal hygiene. Personal hygiene is very important to the health of your family. If your teeth, body, and clothes are not kept clean and washed frequently, you can get sick. Mrs. Li knows that personal cleanliness is also important so that she can be successful at work, and her daughter can succeed at school.</p>
<p>ወ/ሮ ሊን አዋልዳን ንጽሬት አፈንን ስነንን ፍሉይ ክንክን ይገብራሉ። ነስናንካ ንግሆ ንግሆን ከምኡውን ቅድሚ ምድቃስካ ብብራሽን ብኮልጌትን ክትሓጽቦ አዚዩ አድላዩ እዩ። እንተድኣ ብግቡእ ዘይተኸናኸንካዮም አስናንካ ክብከሉን ከምኡውን ቃንዛ ክፈጥሩን ካብኡ ሓሊፉውን ክምዘዙውን ይክእሉ እዮም።</p>	<p>Mrs. Li and her daughter give special care to their mouth and teeth. It is very important to brush your teeth with a toothbrush and toothpaste every morning, and also before you go to bed. If you don't brush your teeth regularly they will become infected and can cause you pain. They might even fall out.</p>

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