

A photograph of three children running away from the camera in a grassy field. On the left, a girl with long brown hair in a rainbow-striped dress. In the middle, a girl with long brown hair and a blue bow in a multi-colored checkered dress. On the right, a boy in a blue and white striped shirt and khaki shorts. They are all holding hands and running towards a background of lush green trees under bright sunlight.

Staying Healthy Tukae na Afya Nzuri

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Sometimes people get sick.

Wakati mwengine watu
wana umwa.



Germs can make us sick. Germs are tiny little things that you can't see.

Kimelea kinaweza sababisha watu kuumwa.

Kimelea ni kitu kidogo sana ambacho huwezi kiona.



Germs can spread from one person to another. They also live on all things.

Kimelea kinaweza kusambaa kutoka kwa mtu mmoja na kwenda kwa mwengine. na pia huishi kwenye vitu vyote.



I can spread my germs less
if I cough and sneeze into
my elbow or into a tissue
and throw it in the bin.

Naweza kusambaza
Kimelea kidogo kama
ninapo kohoa au ninapo
toa chafya kwenye Kiwiko
"elbow" au kwenye lesa ya
karatasi na kutupa kwenye
takataka.



I need to keep my hands away from my face to keep the germs out of my body.

Nahitaji kuepusha mikono yangu isiguse uso wangu sababu kimelea kiwe mbali na mwili wangu.



I can keep the germs
away if I wash my
hands a lot.

Naweza kuweka
Kimelea mbali kama
nikiwa na nawa mikono
yangu mara nyingi.



I should wash my hands many times each day.

When I arrive at preschool, after I play, before and after I eat, if I sneeze or wipe my nose, and when I go to the toilet.

Natakiwa kunawa mikono yangu mda mwingi kila siku.

Ninapo fika shuleni, baada ya kucheza, kabla ya kula na baada ya kula, kama nikitoa chafya au niki pangusha pua langu, na nikienda chooni.



I always use soap and water when I wash my hands.

Natumia sabuni na maji ninapo nawa mikono yangu.

"1, 2, 3, 4, 5, 6, 7,
8, 9, 10, 11, 12, 13,
14, 15, 16, 17, 18,
19, 20."

"Happy birthday to
you... "

I can count to 20 or sing
'Happy Birthday' when I
am washing my hands.

Nahesabu mpaka 20 au
naimba Heri ya kuzaliwa
ambayo ni 'Happy Birthday'
ninapo nawa mikono
yangu.



This will make sure my hands are clean and this helps me stay healthy.

Hivi ndivyo nta hakikisha mikono yangu ni misafi na kua mwenye afya njema.



If I feel sick, I can tell
a grown up. A grown
up will help me.

Ninapo jiskia kuumwa,
naweza kumwambia
mtu mkubwa. Mtu
mkubwa ata nisaidia.