



This is not a word-for-word transcript.

Local presenter

ሃይ፣ ስለአንድ ጉዳይ ወደምንወያይበትና ስለጉዳዩ ለማውራት የሚያስፈልገውን ቋንቋ ወደምናቀርብበት የ English Together ዝግጅት እንኳን በደህና መጡ። ሐና እባላለሁ። አብሮኝ/አብራኝ... አለ/አለች።

Sam

Hello, I'm Sam.

Kee

And I'm Kee. Welcome to the programme!

Local presenter

ዛሬ እጃችንን በሚገባ መታጠብ የቫይረሶች እና የባክቴሪያዎች ስርጭት እንዴት ሊቀንስ እንደሚችል እናወራለን። ይህም የሚከተለውን ኃሳብ ጫረብን፡- ቫይረሶች እና ባክቴሪያዎች ከሰውነታችን ውጭ እጃቻችን ላይ ምን ያህል ጊዜ በህይወት መቆየት ይችላሉ? የብሪታንያ ብሔራዊ ጤና አገልግሎት መስሪያ ቤትን ምክር በመከተል በቀዝቃዛ ቫይረሶች ላይ ብቻ ነው ያተኮርነው፤ ባለታጠቡ እጃቻችን ላይ ለምን ያህል ጊዜ በህይወት የሚቆዩ ይመስልዎታል?

ሀ) ከጥቂት ደቂቃዎች በላይ

ለ) ከአንድ ሰዓት በላይ

ሐ) ከአንድ ሳምንት በላይ

Kee

Those are very different lengths of time!

Sam

Yes! A week seems too long, don't you think?

Local presenter

ከመደየታችን በፊት የእጅ መታጠብን አስመልክቶ በቅርቡ ስለተሰራ ጥናት የቀረበ የቢቢሲ ዜናን እንከታተል።

News insert

Do you know how long you should take to wash your hands? The time it takes to sing Happy Birthday – twice. Or, in other words, around 20 seconds. A recent survey in the UK suggests 84% of adults don't wash their hands for long enough. This means people are not washing away possibly harmful germs, which can cause infection and lead to colds or flu.

Handwashing can have a big effect on the public health of a country. Proper handwashing would, for example, prevent nearly a third of diarrhoea cases each year.

Kee

20 seconds? Really?

Local presenter

Yeah, I didn't realise the length of time was so important.

Sam

But that's a good tip that they give – to sing Happy Birthday twice as you're washing your hands.

Kee

Come on, Sam. Are you really going to start singing to yourself in the bathroom now?

Sam

If it helps me wash harmful germs away, sure!

Local presenter

Sam sings all the time anyway! 'Harmful germs' ጉዳት የሚያደርሱ ተውሳኮች ማለት ነው።

Kee

It's true, Sam, you're always singing. So what do these harmful germs do, exactly?

Sam

Didn't you hear what they said? They can cause infection.

Local presenter

Yes, they said they can 'cause infection' 'በሽታ ያስከትላል' and 'lead to colds or flu' 'ጉንፋን ወይም ኢንፍሉዌንሻን ያመጣል።'

Kee

So, if not washing my hands properly can cause infection and lead to colds and flu, it can basically make me ill?

Sam

Yes, Kee!

Kee

And what did they say about how we can prevent illnesses?

Local presenter

Ah, so you were listening, Kee. 'Prevent' 'መከላከል ማለት ነው።

Sam

They said that proper handwashing could prevent more than 30% of diarrhoea cases each year. That's quite a lot, don't you think?

Local presenter

Yes, it is! አዎ እንደዚያ ነው! አሁን ስለቁጥሮች ማውራት ከያዝን ዘንድ ቀደም ሲል ለጠየቅነው ጥያቄ ትክክለኛውን መልስ እንስጥ። ቫይረሶች ባለታጠቡ እጆቻችን ላይ ምን ያህል ጊዜ የሚቆዩ ይመስልዎታል?

ሀ) ከጥቂት ደቂቃዎች በላይ

ለ) ከአንድ ሰዓት በላይ

ሐ) ከአንድ ሳምንት በላይ

መልሱ (ሀ) ነው። ጉንፋን የሚያመጡ በርካታ ቫይረሶች እጆቻችን ላይ በሕይወት መቆየት የሚችሉት ለጥቂት ደቂቃዎች ያህል ብቻ ነው።

Kee

Wait a minute! If the viruses only survive for a few minutes, then I don't need to wash my hands for 20 seconds. Hygiene is important, yes, but what about all the water?

Local presenter

'Hygiene' ንፅህና ማለት ነው። You're right, Kee. Washing your hands for 20 seconds does mean using a lot of water.

Sam

You can still have good hygiene without wasting water. You can use a bowl, for example!

Local presenter

A 'bowl', ሰሃን or a 'bucket'. ባልዲም ይህንን ግልጋሎት ሊሰጥ ይችላል።

Kee

Ok, so let me see if I understand correctly. You want me to wash my hands in a bowl or a bucket, for 20 seconds, while singing Happy Birthday? Here? At work?

Sam

Ha ha! Yes. I'd love to see that.

Kee

I'd rather get a cold, thanks.

Local presenter

We'll remind you of that next time you're ill, Kee.

እርስዎስ? ለምን ያህል ጊዜ እጆችዎን እንደሚታጠቡ ያስቡብታል? ከመታመም 'prevent' እንደሚያደርግዎት ቢያውቁ፤ እጆችዎን እየታጠቡ ሳለ መልካም ልደት የሚለውን ዜማ ያዜማሉ? መልካም 'hygiene' የሚጨነቁበት ጉዳይ ነው? እና . . .

የዚህ ሳምንት ዝግጅታችንን አጠናቅቀን ከመሰናበታችን በፊት ዛሬ ስናወራባቸው የነበሩትን ቃላት እንመልከት- ሁሉም ከህመም ጋር የተያያዙ ናቸው። 'Harmful germs' ጎጂ ተውሳኮች፤ 'cause infection' በሽታ ማስከተል፤ 'lead to cold or flu' ጉንፋን ወይንም ኢንፍሉዌንዛ ማስያዝ፤ 'prevent', መከላከል፤ እና 'hygiene' ንፅህና። አብረውን ስለቆዩ እናመሰግናለን፤ ለተጨማሪ የ English Together ዝግጅት በሚቀጥለው ሳምንት ይጠብቁን።