

BLOW NOSE UNTIL EMPTY



Walykumunu-yan pukurlpa
nyinakitjalu-yan, nyuntulu mulya
yurrkalya lingkirrtu nyuulypuwa
tissuengka

WASH HANDS WITH SOAP AND WATER



Puru mara kapingka parltjinma
tjawupungka

WASH FACE TO CLEAN SNOT AND YUCKY EYES



Puru yiikunku parljinma
yurrkalytjatarrartu puru kuru
parljinma pikangatarra

BRUSH TEETH WITH TOOTHPASTE, MORNING AND NIGHT



Puru kartirti partjinma
yunguntjarra puru
mungangkatarrartu

HAVE A SHOWER WITH SOAP EVERYDAY



Palunyalu showerangka tjarrpama
tjawupungka parltjinma tjirntu
kutjupa tjirntu

DON'T SHARE TOWELS



Palunyalu towelpa kutjupaku
nintintjamaaltu wantima

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