

Understanding Hygiene

Our personal hygiene has important social implications that can impact students of all ages. Hygiene is how clean we keep our bodies. Having good hygiene keeps us clean and healthy, and makes the people around us feel comfortable. Every day before we go to school and before we go to bed we should think, "How's my hygiene?"



1 Hair

Brush or comb your hair in the morning and before bed.



2 Teeth

Brush your teeth when you wake up and before you go to bed to keep your teeth healthy and your breath fresh!



3 Body

Take a bath or shower once a day.



4 Clothing

Wear fresh, clean clothes every day - even if your old clothes don't smell!



5 Hand Washing

Always wash your hands with warm water and soap after going to the bathroom, after playing outside, after coughing or sneezing, and before eating.