

### **Do Not Spit**

It is considered very impolite to spit and it is never appropriate to spit indoors. Spitting can also spread disease.

### **Use Feminine Hygiene Products**

Women should always use tampons or menstrual pads during their monthly periods. They should be changed every few hours to prevent illness and odor. Tampons and pads should be thrown away and not flushed down the toilet. Using feminine hygiene products increases cleanliness and makes a women's monthly period easier to manage. You can buy tampons and menstrual pads at a pharmacy or grocery store.

### **Wash Your Clothes and Sheets**

Laundering your clothes and bed sheets regularly is important to prevent illness and odor. Underwear and socks should be washed after every use. Shirts should be worn no more than 2 times before washing and pants should not be worn more than 3-4 times before washing. You should also wash any clothing that is sweaty or visibly dirty.

You should wash your bed sheets at least once every two weeks. If a child wets the bed, their sheets need to be washed immediately

### **Find a Routine**

One of the best ways to make sure you are practicing good hygiene is to make a routine. For daily activities, like showering and brushing your teeth, set specific times for yourself. For example, you could decide to shower every morning before work and brush your teeth everyday after breakfast and before bed. For tasks like laundering clothes and sheets, it can be helpful to pick a specific day of the week and always do you laundry on that day. By setting these routines, it will be easier to make sure you are not forgetting anything.

### **Talk to Your Doctor**

If you have any questions about good hygiene habits or how to use personal hygiene products, you can always talk to you doctor. They can provide you with information on the best ways to keep you and your family clean and healthy.



# Good Personal Hygiene



## Why Is Hygiene Important?

Good hygiene is important for many reasons. Staying clean can help prevent illness, helping you and those around you stay healthy. Practicing good hygiene can also allow you to succeed at school or at work.

## How Do I Practice Good Hygiene?

Practicing good personal hygiene means keeping your body clean and reducing odor.

### Wash Your Hands



Washing your hands is one of the best ways to stay clean and healthy to prevent the spread of disease. Always wash

your hands after you use the bathroom, change a diaper, or do household chores. It is also important to wash your hands before and after you cook or eat. When you wash your hands, use soap and water. Be sure to scrub your hands for about 30 seconds before you rinse the soap off, making sure to scrub between your fingers and under your fingernails.

### Shower Regularly

It is important to shower or bathe daily to keep your body clean and to reduce odor. When you shower, you can use either bar or



liquid soap to wash your body. Scrub the soap over your entire body before rinsing it off. Use shampoo to wash your hair. After shampooing, some people also like to use conditioner on their hair to keep it from getting too dry. Standard shampoo cannot kill lice. If you have lice, you will need a special shampoo from your doctor or pharmacy.

### Use Deodorant

After showering, both men and women should use deodorant on their underarms to prevent odor. Reducing body odor can help you succeed at your school or job. You can buy deodorant at the pharmacy or grocery store.



### Floss and Brush Your Teeth

It is important to keep your mouth and teeth clean for your health and comfort. You should floss and brush your teeth every morning and every night. First, you should floss your teeth. Flossing involves using a special piece of string to remove pieces of food that are stuck between



your teeth to make sure they are completely clean. You can buy floss at a pharmacy or grocery store.

After flossing, you should brush your teeth with toothpaste and a toothbrush. Be sure to scrub all sides of your teeth and to brush your teeth for about 2 minutes. If you do not brush your teeth, they can become infected, which can be very painful. Brushing your teeth also helps to remove the odor from your breath. Some people also like to use mouthwash after brushing their teeth to kill more germs that can cause breath odor.



### Cover Your Cough

When you are sick, it is important to do your best to prevent the people around you from getting sick also. If you need to cough, be sure to cover your cough with your sleeve or elbow. Do not cough into your hand unless you plan to wash your hands immediately. Otherwise, you will just spread your illness to anything that you touch.

### Use Tissues



If you have a runny nose, use a tissue to wipe or blow your nose. You should throw away used tissues and wash your hands after using them. Do not blow your nose into your

sleeve or hand as this can spread disease and is considered impolite. Pharmacies sell small packets of tissues that you can carry with you if you are sick.