

and not forgetting your clothes...

Wash your clothes regularly, as dirty clothes will prevent you from being fresh and clean.

Change the clothes you wear next to your skin every day.

- vest
- T-shirt
- underpants
- bra
- socks
- tights

The remainder of your clothes should be changed frequently, or as soon as they become dirty.

Try to keep your clothes looking neat and tidy.

some of your bits...

*Your guide
to personal
hygiene*

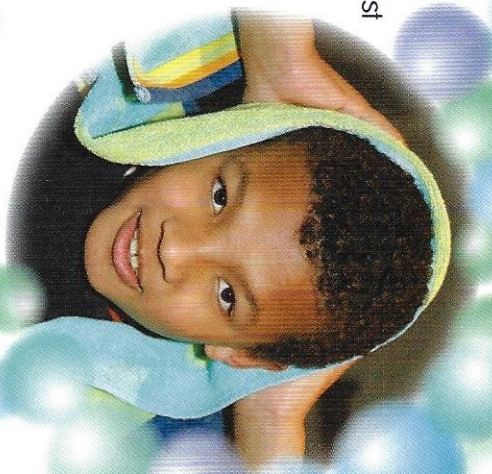
To keep your body fresh and clean you should wash all over every day; try to have a bath or shower at least once a day.

Hair

You will need to wash your hair at least once a week. If you want to wash it more frequently then use a mild shampoo and always rinse it in clean water.

Clean your brush and comb regularly.

If your head starts to itch badly, you may have caught head lice. Ask your school nurse, chemist or doctor for advice and suitable effective treatment.



Hands

Wash your hands regularly as there are germs on everything you touch; dry them with a clean dry towel or paper towel.

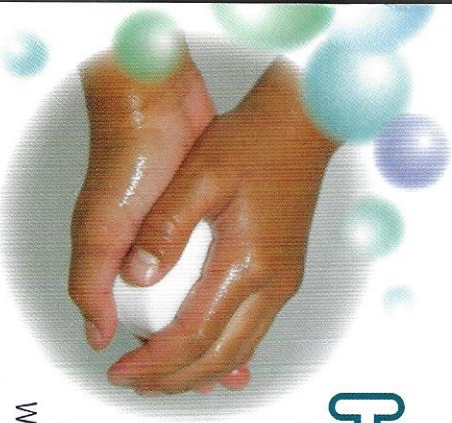
Always wash them before touching, preparing or eating food.

When finished playing with pets.

After blowing your nose, sneezing or coughing.

Whenever they look dirty or feel sticky.

Most importantly after going to the toilet.

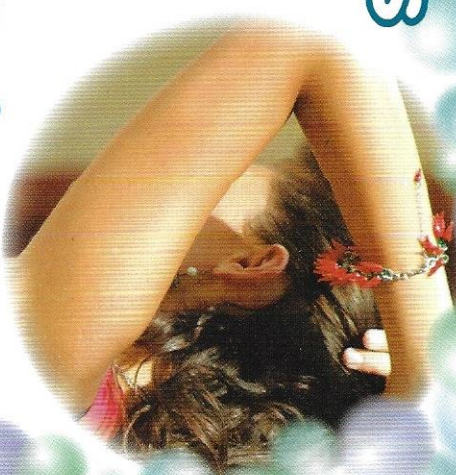


Under Arms

Your underarms are likely to sweat heavily especially if it is hot or if you have been exercising.

Wash often, at least twice a day to stop any bacteria growing and to prevent you from smelling of stale sweat.

After you have washed you may like to use a deodorant or antiperspirant.



Genital Area

It is important to shower or wash your genital area daily.

Change your underwear daily and try to wear cotton pants or knickers.

Always wipe your bottom front to back, as this helps to stop infection.



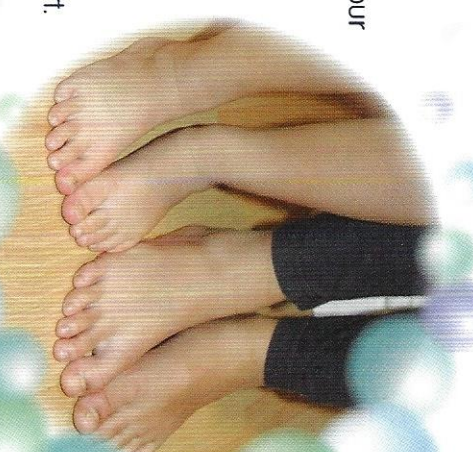
Feet

Wash your feet daily; always dry between your toes. Dampness can cause infections like 'athlete's foot'.

Change your socks or tights daily.

Try to wear natural fibres as these allow your feet to 'breathe' helping to prevent 'smelly feet'.

Make sure your shoes are well-fitting and cut your toenails regularly to keep them short.

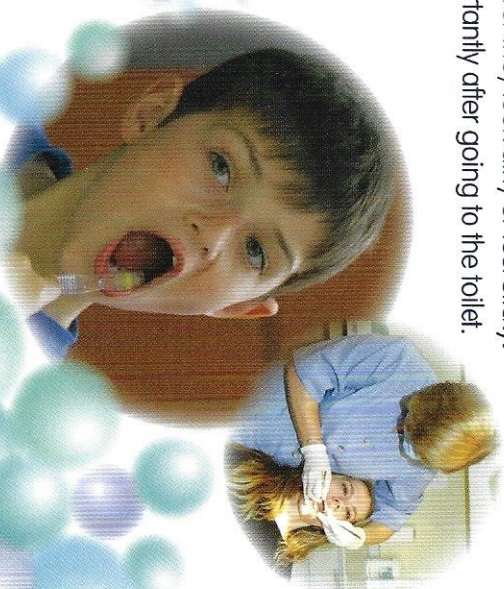


Teeth

Brush your teeth twice daily, before bedtime and at least one other time during the day using fluoride toothpaste.

To help prevent tooth decay keep sugary foods and drinks to meal times only.

It is important to visit your dentist regularly.



If you suffer from acne always seek advice from your doctor or chemist.