

# CLEAN CLOTHES

Clothes should be changed and washed with a laundry detergent regularly, particularly if they have been worn during exercise or have visible dirt marks on.



Underwear should be changed every morning and needs to be washed each time it is worn.



# WHY IS HAVING GOOD PERSONAL HYGIENE IMPORTANT?

Avoid spreading germs



Avoid illness



Prevent bad smells from bacteria and sweat



Smell nice



Prevent hair getting



Prevent bad Breath



Make ourselves more comfortable to other people

# PERSONAL HYGIENE



This is important to help prevent infection, illness, disease, and to avoid social problems. The skin is an important barrier for germs and needs to be kept clean.



# HAND

# WASHING

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading causing illnesses such as food poisoning, flu or diarrhoea.

It is most important to wash your hands after using the toilet, before handling food and after using tissues.

Hands should be washed with warm water and soap for at least 20 seconds and dried afterwards



# WASHING

# YOUR HAIR

Hair should be washed with shampoo and conditioner. It cleans our scalp and gets rid of the grease in our hair and makes our hair shiny.

Hair needs to be washed regularly to prevent oil/sweat build up and infection/dandruff.



**Head lice:** these are small insects that cause scalp irritation and spread easily. They are treated for weekly using a special shampoo and insecticide comb.



**Greasy hair:** hormonal changes make hair more greasy

**Dandruff:** you may need a special shampoo

# WASHING

# YOUR BODY

You should shower or bath at least once a day washing every part of the body, which is especially important for teenagers. This gets rid of dead skin cells, sweat, dirt and bad smells which can clog up our skin pores. It also helps prevent social problems that may occur when people smell unpleasant.



“Smell-good” products such as deodorants aid freshness and reduce bad smells from sweat.

