PERSONAL HYGIENE
Personal hygiene is defined as cleanliness of the body and proper maintenance of personal appearance.
Good personal hygiene should include the following:

- Washing hands
- Bathing
- Oral hygiene
- Hair washing
- Short nails
- Clean feet
- Clean Clothing
- Sneezing
- Ear cleaning

**Hand washing**

- To avoid getting sick and also to prevent spreading germs to others like family and friends.
- It involves five simple and effective steps
  - Wet
  - Lather
  - Scrub
  - Rinse
  - Dry
- Wash your hands for at least 20 seconds
- Wash hands
  - Before, during, and after preparing food
  - Before eating food
  - Before and after caring for someone who is sick
  - Before and after treating a cut or wound
  - After using the toilet
  - After blowing your nose, coughing, or sneezing
  - After touching an animal, animal feed, or animal waste
  - After handling pet food or pet treats
  - After touching garbage
**Bathing**
- A daily shower or bath regularly with soap
- Bathing can help to get rid of body odor
- Take a bath daily in order to stay clean
- Wash underarms, feet and between legs properly
- Take bath after playing especially after sweating

**Oral hygiene**
- Brush and floss daily
- Use soft bristle brush
- Brush twice daily
- Replace toothbrush every 2-3 months
- Use fluoride toothpaste
- Rinse mouth after eating food
- Brushing technique
- Limit intake of sugars
- Include food that contains calcium in diet like milk and yogurt
- Visit dentist twice a year
- Bad oral hygiene can cause tooth cavity, plaque, tartar and tooth erosion

**Feet**
- Wash feet well
- Wash at least once a day
- Dry feet carefully with dry towel especially between the toes
- If not dried properly there is a chance of getting fungal infection
- Change socks everyday
- Don’t walk barefoot in public areas

**Clothing**
- Wear clean clothes always
- Change clothes often as they get dirty
- Wear clean underwear every day
- Wear only fresh clean clothes after shower

**Sneezing**
- Sneezing or coughing into a tissue or handkerchief
- Handkerchief is used, it should be changed two or three times a day
- A tissue is the best because it can be disposed of immediately
- Don’t pick nose
- It will prevent the transmission of germs from one to another

**Ear cleaning**
- Cleaning earwax is also very important
- Clean ears with soft clean cotton buds
- Ask adults at home to help you clean your ears
- Should be done once in a month

**Hair washing**
- Hair is made up of dead cells
- Wash hair regularly with shampoo
- Wash at least once a week
- Do not rub or scrub too hard
- Brush hair daily
- Wash comb/brush regularly
- Hair helps warm the body by trapping layer of air next to scalp
- Massage your scalp well, this will remove dirt and dead cells on scalp
- Rinse hair thoroughly with clean water after shampoo to remove excess shampoo
- Don’t share your comb or brush with anyone
- Keep your hair free of dandruff/lice and nits

**Nails**
- Keep nails short by trimming them regularly
- Keep nails clean

**Others**
- Flush toilet after use
- Wash or wipe properly after using bathroom