

Personal Hygiene



What is Personal Hygiene

- Personal hygiene means keeping our bodies clean and looking well.
- For example:
Dressing ourselves, showering/bathing, brushing our hair and our teeth, washing our face and smelling nice.

It is important we all keep clean:

- To stop the spread of germs.
- To keep healthy.
- To keep our breath fresh.
- To smell nice.
- To look nice.
- To stop our skin getting spotty or sore.

What are germs?

- Germs are tiny bugs that live on everything. Sometimes germs can make us sick.
- Germs move around through sneezing, coughing and touching.
- We should cover our nose and mouth when coughing/sneezing and wash our hands often.

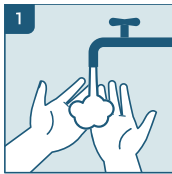
Hand Washing

We should wash our hands:

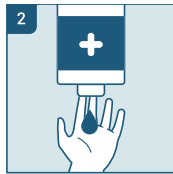
- ☀ After handling uncooked foods e.g. raw meat/ chicken/fish.
- ☀ After blowing our nose, coughing or sneezing.
- ☀ After touching animals or animal waste.
- ☀ After taking out the bin or handling rubbish.
- ☀ After handling money.
- ☀ Before eating or preparing food.
- ☀ After using the toilet.



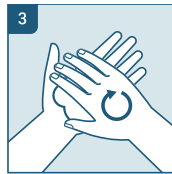
Hand Washing Steps



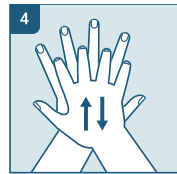
WET HANDS



APPLY SOAP



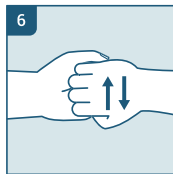
RUB HANDS
PALM TO PALM



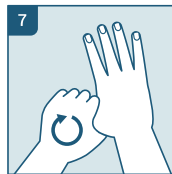
LATHER THE BACKS
OF YOUR HANDS



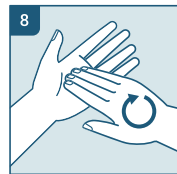
SCRUB
BETWEEN YOUR FINGERS



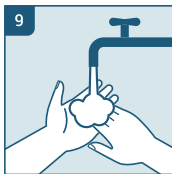
RUB THE BACKS
OF FINGERS ON
THE OPPOSING PALMS



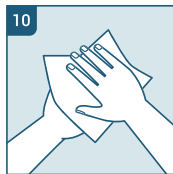
CLEAN THUMBS



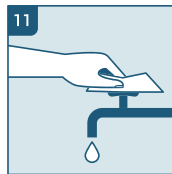
WASH FINGERNAILS
AND FINGERTIPS



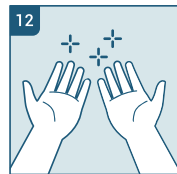
RINSE HANDS



DRY WITH
A SINGLE USE TOWEL



USE THE TOWEL
TO TURN OFF THE FAUCET



YOUR HANDS ARE CLEAN

- 🌟 Use the door hanger outline and pictures to make your own daily schedule.
- 🌟 Cut out the pictures and stick them on to the door hanger.
- 🌟 Hang it on your bedroom door to remind you of what to do each day to keep clean and tidy.

Images for Door Hanger





My Door Hanger

