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What is Personal Hygiene

Personal hygiene keeps us healthy and feeling good!

DEFINITION

> Personal hygiene is the practice of keeping our bodies clean to stay healthy. It includes daily habits like washing hands, brushing teeth, and bathing.

KEY CONCEPTS

Hand Washing

Washing hands with soap and water helps remove germs and prevent illness.

Dental Care

Brushing and flossing teeth daily prevents cavities and keeps our mouths healthy.

Bathing

Regular bathing removes dirt and sweat, keeping our skin clean and fresh.

Nail Care

Keeping nails trimmed and clean helps prevent the spread of germs.

Clean Clothes

Wearing clean clothes helps us feel good and reduces body odor.

EXAMPLES

→ Wash hands before eating and after using the bathroom.

→ Brush teeth twice a day for healthy smiles.

→ Take a shower at least once a day.

MEMORY TIPS

★ Remember 'HBD' for Hygiene: Hands, Bath, Dental.

★ Think of 'Clean Hands, Happy Life' to motivate washing hands.

★ Use the rhyme: 'Brush, rinse, and floss, keep your teeth the boss!'

COMMON MISTAKES

✗ Skipping hand washing after using the restroom.

✗ Not brushing teeth before bedtime.

✗ Wearing dirty clothes for too long.

QUICK RECAP

Personal hygiene is essential for good health and confidence. Remember to wash hands, brush teeth, and keep clean. Practicing these habits daily helps prevent illness and promotes well-being.