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Beginner lessons for Personal Hygiene

Mastering Personal Hygiene for a Healthier You

DEFINITION

> Personal hygiene refers to practices that maintain cleanliness and promote good health. It includes daily routines to prevent illness and enhance well-being.

KEY CONCEPTS

Hand Washing

Washing hands with soap and water removes germs and prevents infections.

Oral Care

Brushing and flossing teeth daily helps prevent cavities and gum disease.

Bathing Regularly

Regular bathing removes dirt and sweat, keeping skin healthy and odor-free.

Nail Care

Keeping nails trimmed and clean prevents the spread of bacteria and promotes hygiene.

Clean Clothing

Wearing clean clothes helps reduce body odor and prevents skin irritations.

EXAMPLES

→ Wash hands before meals and after using the restroom.

→ Brush teeth twice daily and floss once.

→ Shower daily or as needed based on activity.

MEMORY TIPS

★ Remember 'H.O.B.B.C.' for Hand washing, Oral care, Bathing, Body odor, and Clean clothes.

★ Use the rhyme: 'Brush, rinse, floss, repeat' to remember oral care steps.

★ Think of 'Clean hands, clean life' to motivate hand hygiene.

COMMON MISTAKES

✗ Not washing hands long enough.

✗ Skipping daily showers or baths.

✗ Neglecting to clean under nails.

QUICK RECAP

Personal hygiene is essential for health and well-being. Key practices include hand washing, oral care, and regular bathing. Avoid common mistakes to maintain cleanliness and prevent illness.