

Facts - Personal Hygiene

Illness and disease can be spread through poor hygiene. Making an effort to keep your body clean can help your body to fight off infections.

The basics of good hygiene

Keeping clean and practicing good hygiene can safeguard you against illness and protect your health. Germs and bacteria love to fester in warm and moist environments. This is why you may be prone to more colds in winter than you are in summer because of the use of indoor heating.

Being clean is easy and does not require extra effort. It simply means acquiring better behaviours in relation to washing your hands, food preparation and other important areas.

Good personal hygiene should be ingrained into your lifestyle and it does not mean you have to spend hours in the bathroom everyday getting yourself ready.

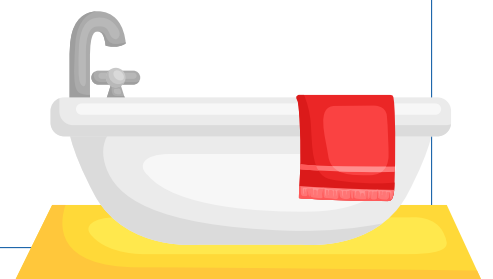
Good personal hygiene involves:

- Wearing clean clothes every day
- Placing used tissues in the toilet or bin
- Placing rubbish directly in the bin
- Avoiding coughing and sneezing around others
- Using deodorant daily
- Washing your hands and body with soap regularly
- Using protective gloves when you may be at risk of an infection

Improve your grooming

Staying well groomed can improve both your physical appearance and your personal hygiene. Here are some good grooming ideas:

1. Hair - Wash your hair at least once a week using soap or shampoo
2. Skin - Use a mild soap to clean your skin in the shower or bath.
Dry yourself well with a clean towel
3. Teeth - Brush teeth with toothpaste at least twice a day
4. Nails - Keep nails short to prevent bacteria build-up
5. Feet - Give your feet a good scrub with a sponge when bathing.
Dry your feet well, particularly in between your toes



Act - Personal Hygiene

The basics of brushing your teeth

Taking care of your teeth includes following a good diet, cleaning your teeth after eating and having regular dental check ups. Follow these simple five steps to make sure you are brushing correctly:

Step 1: Place the toothbrush beside your teeth at a 45 degree angle.

Step 2: Gently brush teeth, only brushing a small group of teeth at a time (in a circular motion) until the entire mouth is covered. This should take 2-3 minutes.

Step 3: Brush the outside of the teeth, inside of the teeth, the chewing surfaces and in between each tooth.

Step 4: Gently brush the tongue to remove bacteria and freshen the breath.

Step 5: Repeat steps 1 through 4 at least twice daily, especially after meals and snacks.

Always remember to:

- B - Brush your teeth at least twice per day
- R - Remember to floss; flossing removes food particles and prevents plaque build-up
- U - Use a fluoride toothpaste and mouthwash
- S - See your dentist at least every 6 months
- H - Have a smile you are proud of

When should you change your toothbrush?

- Change it if the bristles are fluffed at the sides
- Change your brush at least every two months
- Buy a tooth brush with an indicator stripe - when the colour fades, you know you need to buy a new one

