Some of your bits ain't nice!

Your guide to personal hygiene

To keep your body fresh and clean you should wash all over every day; try to have a bath or shower at least once a day.
Hair
You will need to wash your hair at least once a week. If you want to wash it more frequently then use a mild shampoo and always rinse it in clean water.
Clean your brush and comb regularly.
If your head starts to itch badly, you may have caught head lice. Ask your school nurse, chemist or doctor for advice and suitable effective treatment.

Hands
You should wash your hands very regularly as there are germs on everything you touch.
Always wash them before touching or eating food.
Most important after going to the toilet.
Whenever they feel dirty or sticky.

Teeth
Brush your teeth at least twice a day using a fluoride toothpaste.
Try to prevent tooth decay by not having too many sweets and sugary drinks.
It is important to visit your dentist at least once a year for a check-up.
Under Arms

Your underarms are likely to sweat heavily especially if it is hot or you have been exercising.

Wash often, at least twice a day to stop any bacteria growing and to prevent you from smelling of stale sweat.

After you have washed you may like to use a deodorant or antiperspirant.

Genital Area

It is important to shower or wash your genital area daily.

Change your underwear daily and try to wear cotton pants or knickers.

Always wipe your bottom front to back, as this helps to stop infection.

Feet

Wash your feet daily; always dry between your toes.

Dampness can cause infections like ‘athletes foot’.

Change your socks or tights daily.

Try to wear natural fibres as these allow your feet to ‘breathe’ helping to prevent ‘smelly feet’.

Make sure your shoes are well-fitting and cut your toenails regularly to keep them short.

If you suffer from acne always seek advice from your doctor or chemist.
and not forgetting your clothes...

Wash your clothes regularly, as dirty clothes will prevent you from being fresh and clean. Change the clothes you wear next to your skin every day.

- underpants
- vest
- T-shirt
- bra
- socks
- tights

Your clothes should be changed frequently, or as soon as they become dirty. Try to keep your clothes looking neat and tidy.