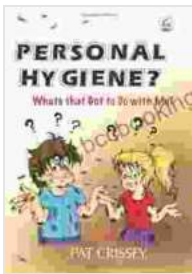


# Personal Hygiene: What's That Got to Do with Me?

Personal hygiene is the practice of keeping oneself clean and free of dirt, germs, and other contaminants. It is an important part of maintaining good health and preventing the spread of disease.



## Personal Hygiene? What's that Got to Do with Me?

by Pat Crissey

★★★★☆ 4.5 out of 5

Language : English

File size : 1249 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 96 pages



Good personal hygiene includes:

- Bathing regularly
- Washing your hands frequently
- Brushing and flossing your teeth
- Wearing clean clothes
- Covering your mouth and nose when you cough or sneeze

Good personal hygiene can help you to:

- Prevent the spread of disease
- Maintain a healthy appearance
- Boost your self-esteem
- Improve your overall health

If you are not practicing good personal hygiene, you may be at risk for developing a number of health problems, including:

- Skin infections
- Respiratory infections
- Gastrointestinal infections
- Parasitic infections

Practicing good personal hygiene is essential for maintaining good health. By following the tips in this article, you can help to protect yourself from disease and improve your overall well-being.

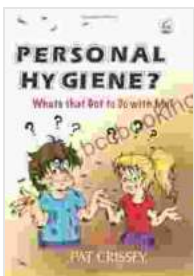
### **Tips for Practicing Good Personal Hygiene**

Here are some tips for practicing good personal hygiene:

- Bathe or shower regularly. Aim to bathe or shower at least once a day, or more often if you are sweating or exercising heavily.
- Wash your hands frequently. Wash your hands with soap and water for at least 20 seconds, especially after using the bathroom, changing a diaper, or handling food.

- Brush and floss your teeth twice a day. Brush your teeth for at least two minutes, twice a day, and floss once a day. This will help to remove plaque and bacteria from your teeth and gums.
- Wear clean clothes. Change your clothes every day, or more often if they are dirty or sweaty.
- Cover your mouth and nose when you cough or sneeze. This will help to prevent the spread of germs.

By following these tips, you can help to protect yourself from disease and improve your overall health.



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