



Personal Hygiene, Grooming and Dental Care

What is personal hygiene, and why is it important? Personal hygiene is when you clean yourself. It is important because it keeps you healthy. It also makes you look and smell nice. This tells a message to others.

Hygiene Tip: Make sure to wash your hands a lot during the day to fight off germs.

There's lots of ways to have good personal hygiene. The first way is bathing. Taking a bath or a shower lets you wash away dirt and sweat from your body. This will also make you smell nice. Smell is a very strong sense shared by everyone. If you smell bad, people will not want to be around you.

Hygiene Tip: Washing, combing, and wearing clean clothes tells people you care.

During the day, you will most likely sweat. This can make you smell bad. Wearing deodorant or body spray can help hide these smells. But washing is the only way to stay healthy.

Most people struggle with acne. Acne is pimples that you can get on your face and body. It happens when pores in your skin get clogged. Pores are tiny holes all over your body. These holes can get filled with dead skin cells and oil. When this happens, you get a pimple. To stop acne, you should wash every day.

Audrey is learning how to wash her hands. She labels the diagram with the steps in the right order.



Wet Hands *Add soap* + *Scrub* *Rinse* *Dry with clean towel*



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The next part of personal hygiene is grooming. Grooming is brushing and combing your hair. It is also how you dress. Part of this is also cutting your nails, shaving, and getting haircuts. All these make you look good and keeps your body healthy.

Sometimes, you may get a cut on your body. It's important to clean this cut fast. If you don't, you can get really sick. When you don't clean a cut, germs can get into your body. This can cause problems for your health.

Grooming Tip

Iron clothes that have wrinkles to look your best.



STEPS TO CLEANING A CUT

Wash With Soap + Water

Wipe With Alcohol

Add Healing Cream

Put on a Band-Aid

The last part of personal hygiene is dental care. This means taking care of your teeth. This can be the hardest thing to take care of. Look out for plaque, gingivitis and cavities. All these things hurt your teeth. You can fight this by brushing, flossing, and using mouthwash every day. You should also visit your dentist every 6 months.

Dental Tip

Dentists say to Brush twice a day and Floss once a day.

Benjamin knows to wash his hands with soap and water. It is the first step against germs and getting sick. Benjamin writes a list of important times you should wash your hands. Help him finish this list.

1. After using the toilet. _____
2. Before eating. _____