

Personal Hygiene Quiz



Personal Hygiene Quiz

	Yes	No
1. Do you wear deodorant and regularly wash your face, body, and hair?		
2. Do you drink plenty of water to keep your skin hydrated?		
3. Do you wash your face (and/or hair) well twice a day to prevent acne?		
4. Do you avoid tanning beds, tanning booths, and sunbaths?		
5. Do you follow the cleanliness guidelines for any swimming you may have?		
6. Do you use sunscreen every time you go out in the sun?		
7. Do you avoid listening to music at a high volume, especially when using headphones?		
8. Do you wear a mouthguard during activities that can result in broken teeth, such as basketball, football, or hockey?		
9. Do you floss after meals and brush your teeth at least twice a day?		
10. When spending time outdoors, do you wear sunglasses that block at least 99 percent UVA and UVB rays, or provide UV-400 protection?		
11. Do you keep your nails clean and regularly trim your fingernails?		
12. Do you avoid being around or using very high levels of formaldehyde, such as in hair salons?		

Score: ____/12



Hygiene Quiz For Elementary Students

Léo Pomar



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