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BENEFITS OF Good Personal Hygiene



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Health



Enhanced Self-
Esteem



Better Social
Interactions



Prevention of
Body Odor



Improved
Mental Health



Professional
Success



Prevention of
Infections



Enhanced
Relationships

TIPS FOR GOOD PERSONAL HYGIENE

- Wash your hands thoroughly with soap and water for at least 20 seconds
- Brush your teeth at least twice a day
- Avoid sharing personal items like towels, razors, and toothbrushes as they can transmit germs.
- Schedule regular health check-ups.



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Hygiene For Your Body Brochure

Peipei Pang



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