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Body Odor



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Mental Health



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Success



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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

M Walker



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