

PRESENTATION

Personal Hygiene



How you take care of your body.

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Oral Hygiene



Brush your teeth 2-3x a day.

Floss every day.

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Keep Clean



Take a bath or shower every day. Use deodorant after you shower if you are at least 8 years old—you produce extra sweat now that you're older!

Use soap and water everywhere on your body.

Take an extra bath/shower if you get sweaty from sports.

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Handwashing



Wash your hands with soap and water.

Rinse at least 20 seconds.

Wash after using the toilet, playing outside, and before you eat.

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Fingernails



Have your nails trimmed every 1-2 weeks.

Clean under your nails when you bathe.

Nail brushes are a great way to get hard to reach dirt and germs!

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Hair Care



How often you wash your hair depends on your personal hair texture—everyone's is different!

Use shampoo when you wash your hair.

Brush or comb your hair daily (if it's long, instead).

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Hygiene Lessons For 5th Graders

Julia Schneider



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