



Personal Cleanliness - taking care of our body

What is Personal Cleanliness?

Personal cleanliness means keeping your body clean and tidy. It protects you from germs, viruses, and diseases. Good personal hygiene makes you feel fresh, confident, and healthy.

Importance of Personal Hygiene

Prevents illnesses and infections. Keeps you healthy and fit. Makes you feel good about yourself. Reduces the spread of germs to others.

Hand Washing

Germs on your hands can enter your body through your mouth, nose, eyes, or ears. Always wash your hands:

- Before and after meals
- After using the toilet
- After handling garbage
- After sneezing or coughing
- After touching animals

Use soap and water and wash for at least 20 seconds.

Oral Hygiene

Oral hygiene means keeping your teeth and mouth clean. Brush your teeth twice a day – after waking up and before sleeping. Floss daily to remove food particles between teeth. Visit the dentist every 6 months for a check-up.

Bathing

Bathing keeps your skin clean and healthy. Bathe daily with soap and water. Clean all body parts properly:

- Hands, armpits, legs, feet, groin, joints, back, and belly button.
- Wash your face, ears, and neck regularly.

Use lukewarm water in winter instead of skipping baths.

Bathing before bed keeps you fresh and relaxed.



Hair Care

Wash your hair regularly with shampoo. Oil your scalp twice a week to prevent dandruff and hair fall. Comb your hair regularly to avoid tangles. Never share combs, pillows, or hats with others to prevent lice.

Foot Care

Smelly feet happen when germs mix with sweat. Tips to keep your feet clean: Wash your feet at least twice a day.

- Scrub with soap between the toes, soles, and under toenails.
- Use a clean towel to dry your feet properly.
- Keep your shoes clean and dry.

Nail Care

Trim your nails once a week. Wash under the nails every time you shower. Clip nails after bathing when they are softer. Avoid nail biting as it spreads germs to your mouth.

Clothing Hygiene

Wear clean and washed clothes daily. Dirty clothes collect germs and can cause skin problems. Wash and dry clothes in the sun to kill germs. Always wear clean undergarments.

Tips for Staying Clean

Wash your hands frequently. Brush your teeth twice daily. Bathe regularly to stay fresh. Keep your clothes and shoes clean. Trim your nails weekly. Comb and wash your hair regularly.

Conclusion

- Personal cleanliness helps you stay healthy and confident.
- It prevents germs from spreading and protects you from diseases.
- Good hygiene habits lead to a happier and healthier life!