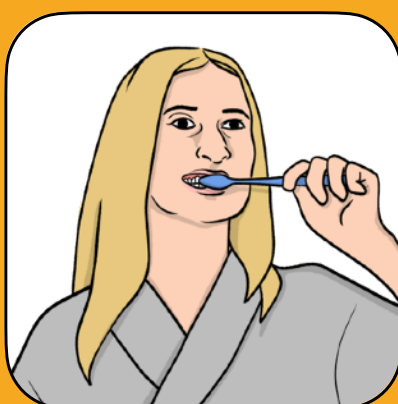


Personal hygiene

Keeping your body clean and healthy



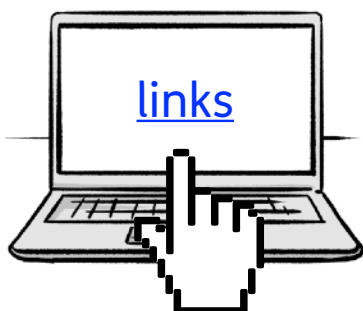
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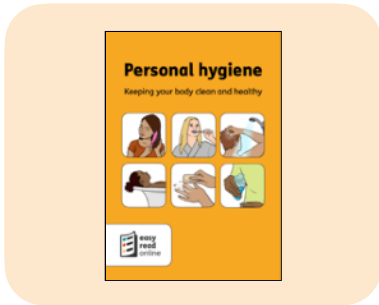


In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

Introduction



This Easy Read information is about personal hygiene - that means keeping your body clean and healthy.



This information will tell you:

- More about personal hygiene.



- Why it is important.



- How to keep your body clean and healthy.

Personal hygiene



Personal hygiene includes:

- Keeping your body clean.



- Keeping your hair clean.



- Keeping your teeth clean.



- Caring for your fingernails.

Why is personal hygiene important?

Personal hygiene is important because:



- It can help protect you from some illnesses.



- It shows you look after yourself, and this might help you get a job.



- It will make you look and smell nicer.



- It will help you make friends and help your **mental health**.

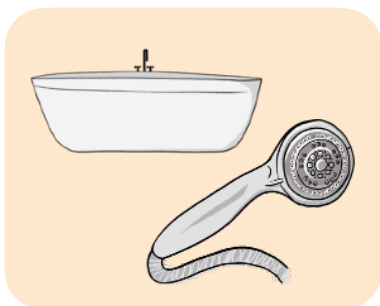
Mental health is your emotions and how you are feeling in your mind.

How to look after your personal hygiene



Here are some ways that you can look after your body and keep it clean.

Your body



- Try to have a shower or bath at least once a day.



- Use soap to clean yourself in the shower or bath.



- Wash your hands throughout the day, especially after going to the toilet or touching something dirty.



- Use deodorant - a type of spray that you can use to make you smell nice even when you get sweaty.

Your hair



- Try to wash your hair with shampoo at least once a week.



- Brush your hair in the morning to make it look nice and tidy.

Your teeth



- Try to brush your teeth 2 times a day, once before breakfast and once before bed.



- Get a new toothbrush every 3 to 4 months.



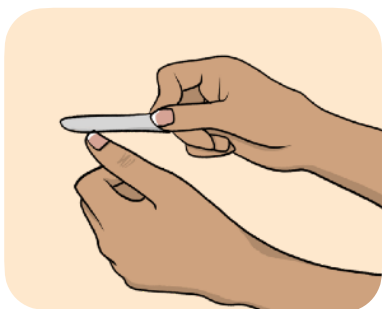
- You could also **floss** and use mouthwash once a day.

Flossing is when you use a small bit of string called dental floss to clean between your teeth.

Your fingernails



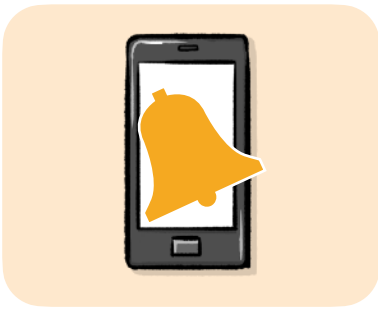
- Use a nail brush to clean under your fingernails.



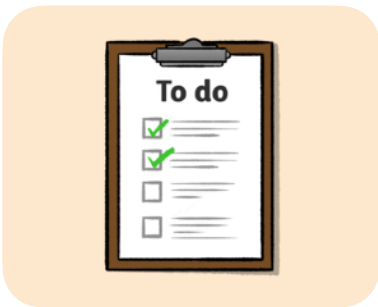
- Keep your fingernails short so that dirt can't get underneath them.

Remembering to look after your personal hygiene

To help remind you to look after your personal hygiene you could:



- Set reminders on your mobile phone so you don't forget to brush your teeth or wash your hair.

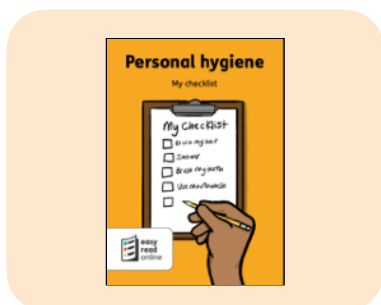


- Use a checklist that you can look at in the morning and before bed.



- Buy nice cleaning products that you want to use everyday, like deodorant, shower gel and bubbles for your bath.

For more information



We have written a checklist that you could use if you think this would help you remember your personal hygiene.



We got all of our information from:
<https://www.medicalnewstoday.com/articles/personal-hygiene#routine-tips>

You can look at this web page for more information.