

Personal Hygiene

Personal Hygiene is keeping it clean:
Hair, Skin, Teeth, Ears, Hands and Feet

What is Personal Hygiene?

① Personal Hygiene is a routine of personal care that keeps your whole body clean, fresh and healthy.



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② One of the most effective ways we have to protect ourselves and others from illness is good personal hygiene. This means washing your hands, especially, but also your body. It means being careful not to cough or sneeze on others, cleaning things that you touch if you are unwell, putting items such as tissues (that may have germs) into a bin, and using protection (like gloves) when you might be at risk of catching an infection.

③ Personal hygiene, such as bathing, is very much dependent on the culture in which you live. In our culture, it is expected that you will wash your body at least every day and use deodorants to stop body smells. Other cultures have different expectations.

TIPS FOR TEACHING KIDS ABOUT PERSONAL HYGIENE:

1. Have a good and nice body smell.
2. Be well groomed.
3. Have fun with hygiene.
4. Be an example for others.
5. Be aware of germs and bacteria

6. Establish good habits.
7. Good hand-washing & bathing techniques.
8. Always practice good personal hygiene EVERYDAY.

DAILY HYGIENE

WASH YOUR HANDS!

Why Do I need to wash my hands? Washing your hands is the best way to stop germs from spreading. Wash your hands with warm soapy running water. Best times to wash your hands:

- when hands are dirty
- before eating & touching food
- after using the bathroom
- after blowing your nose or coughing
- after touching pets or other animals
- before and after visiting a sick relative or friend



Youth Health Bulletin –September 2005



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WASH YOUR HAIR

Poor hair care in children can lead to problems like head lice, dandruff and other scalp infections

- Wash hair at least twice a week
- When washing the hair, children should wash the scalp with soap and rinse it thoroughly with clean water
- Encourage children to keep the hair tied or braided, to avoid Head-to-head contact with other kids who may have lice
- Never share personal objects, like combs, pillows, and hats

BRUSH YOUR TEETH

Taking care of your teeth is very important because you want them to last a very long time. How can I take care of my teeth and gums?

- Brush your teeth at least two times a day – after breakfast and before bedtime
- Brush ALL of your teeth, even along the sides and back.
Spend at least 2 or 3 minutes each time you brush, moving in small circles
- Use floss to clean between your teeth
- Your toothpaste should foam
- Use soft bristle toothbrush



Youth Health Bulletin April 2009



Imgarcade.com clipart

BODY ODOR AND SWEAT

Perspiration, or sweat, comes from sweat glands that you have always had in your body. These glands begin to secrete different chemicals into the sweat that has a stronger smelling odor. The best way to keep clean:

- Bathe or shower daily with warm water and mild soap
- Wear clean clothes, socks, and underwear
- Use deodorant or deodorant with antiperspirant – sticks, roll-ons, gels, sprays, and creams

CLEAN FEET

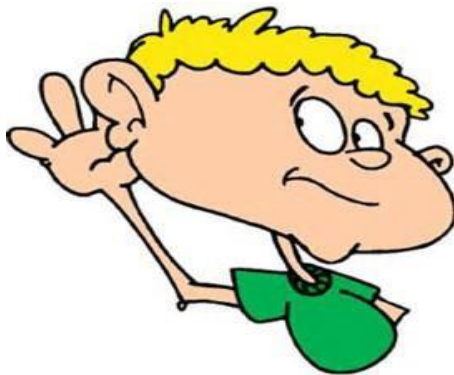
Ever heard of the phrase “smelly feet”? That’s what happens when bacteria on the feet comes into contact with sweat. Kids who wear shoes all day, especially without socks, tend to accumulate more dirt on their feet, which the bacteria feed off.

Children should keep their feet clean with these tips:

- Wash your feet at least twice a day, when you take your bath
- Clean the feet properly by scrubbing with soap between the toes, the soles of your feet and under the toenails
- Use a clean cloth to wipe them dry
- Keep shoes clean and dry. Dirty shoes have bacteria, which get transferred to the feet
- Use a moisturizer after cleaning the feet



thedollblog.com



Clipartpanda.com

CLEAN EARS

● You might wonder about earwax and whether it needs to be cleaned out. Actually, even though earwax seems yucky, it serves a purpose. Your ear canal makes earwax to protect the ear. If you want, you can clean the opening of your ear gently with a washcloth. You should not put anything in your ear smaller than your elbow. You can hurt your ear by poking around in there. It’s not even a good idea to use a cotton swab. This can push wax deeper in your ear, where it can get stuck. Irritating the ear canal can even lead to an ear canal infection.

Did You Know?

Skin

Skin keeps you warm when it's cold
And cool when it's hot.
Skin is clever
Even if you're not.
Just be aware
When you're in the sun.
Put on sunscreen
And have some fun.

Skin

My body is all covered
With lots of stretchy skin.
My skin will grow up with me
If I'm fat or if I'm thin.
I'm glad my skin's around me.
Just think how it would be,
If all my skin came off one day.
And you saw the 'inside' of me!

Source: www.cyh.com

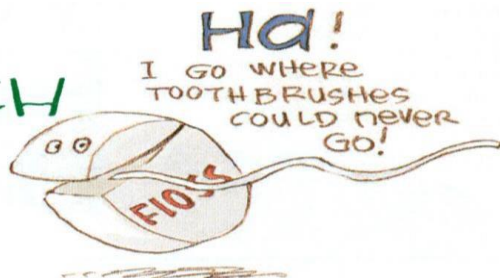
Sources:

Staying Healthy – National 4-H Curriculum Bu-08175; *Youth Health Bulletin* – September 2005; *Youth Health Bulletin* - October 2013; *Youth Health Bulletin* –April 2009; *Youth Health Bulletin* – December 2010; *Youth Health Bulletin* – February 2013; *KidsHealth.org*; *momsjunction.com*; *Martin County 4-H Personal Hygiene leaflet*; www.cyh.com

Activities to Try

WORD SEARCH

Dentist
Gums
Floss
Teeth
Toothbrush
Toothpaste



O	A	H	S	G	T	U	E	E	S
T	S	H	E	M	T	T	T	O	O
D	I	H	O	S	H	H	S	O	S
T	E	O	O	T	S	S	A	O	T
F	O	N	R	E	D	E	P	T	S
T	G	D	T	E	E	T	H	O	T
D	U	S	E	I	S	E	T	O	I
H	M	T	U	O	S	S	O	L	F
H	S	U	R	B	H	T	O	O	T
H	O	I	T	O	T	E	T	E	T

Source: Youth Health Bulletin: December 2010

Unscramble the Words

AWSH _____ HSNDA _____

MAWR RTEAW _____

URBSC _____

ASOP _____

DHAN TASINERZI _____

Answers: Wash Hands, Warm Water, Warm Water, Warm Water, Scrub, Soap, Hand Sanitizer

Source: Youth Health Bulletin: October 2013

Choose a word from the Word Box to answer each of the questions below

- _____ 1. Keeps your insides from falling out on the ground.
- _____ 2. Can be colored, dreadlocked, flipped or braided.
- _____ 3. Without these, you would be stuck eating mushy baby food.
- _____ 4. Helps you pick up very small items.
- _____ 5. Can be burned in the sun.
- _____ 6. Fall out (or pulled!) so new ones grow. (Can be more than one answer)
- _____ 7. Keeps the top of your head warm and cleans the air in your nose.
- _____ 8. You have 20 of these and if you lose one, it takes at least 6 months to grow another!
- _____ 9. Made of "keratin" which is an important protein. (More than one answer!)
- _____ 10. Helps to cool you off in the summer and warm you in the winter.

Word Box

- A. Hair
- B. Nails
- C. Skin
- D. Teeth

Source: *Staying Healthy* – National 4-H Curriculum Bu-08175

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