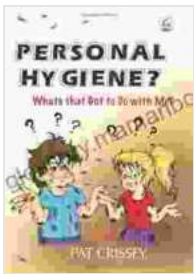


Personal Hygiene: What It Is and Why It Matters

Personal hygiene is the practice of keeping oneself clean and free of germs. It's important for our health, our appearance, and our social interactions.



Personal Hygiene? What's that Got to Do with Me?

by Pat Crissey

★★★★☆ 4.5 out of 5

Language : English

File size : 1249 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 96 pages



The Benefits of Good Personal Hygiene

There are many benefits to good personal hygiene, including:

- Reduced risk of illness. Good personal hygiene can help to reduce our risk of developing infections and other illnesses.
- Improved appearance. Good personal hygiene can help us to look and feel our best.
- Increased social acceptance. Good personal hygiene can help us to make a good impression on others and to feel more confident in social situations.

The Basics of Personal Hygiene

The basics of personal hygiene include:

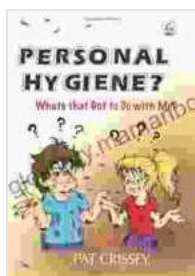
- Bathing regularly. Bathing helps to remove dirt, sweat, and oil from our skin. It's important to bathe at least once a day, especially if we're active or sweaty.
- Washing our hands frequently. Washing our hands helps to remove germs that can cause illness. We should wash our hands before eating, after using the bathroom, and after coming into contact with someone who is sick.
- Brushing our teeth twice a day. Brushing our teeth helps to remove plaque and bacteria from our teeth and gums. It's important to brush our teeth at least twice a day, once in the morning and once before bed.
- Wearing clean clothes. Wearing clean clothes helps to prevent the spread of germs and to keep our skin healthy. We should change our clothes at least once a day, especially if we're active or sweaty.
- Getting enough sleep. Getting enough sleep helps our bodies to repair themselves and to stay healthy. We should aim for 7-8 hours of sleep per night.
- Eating a healthy diet. Eating a healthy diet provides our bodies with the nutrients they need to stay healthy. We should eat plenty of fruits, vegetables, and whole grains.
- Exercising regularly. Exercising regularly helps to keep our bodies healthy and strong. We should aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Additional Tips for Good Personal Hygiene

In addition to the basics of personal hygiene, there are a few additional things we can do to improve our hygiene habits, including:

- Using a deodorant or antiperspirant. Deodorants and antiperspirants help to reduce body odor. We should apply deodorant or antiperspirant to our underarms every day.
- Using a mouthwash. Mouthwash helps to kill germs in our mouths and to freshen our breath. We should use mouthwash at least once a day, after brushing our teeth.
- Getting regular checkups. Regular checkups with our doctor or dentist can help us to identify and treat any health problems early on. We should get a checkup at least once a year.

Personal hygiene is an important part of our overall health and well-being. By following the tips above, we can improve our hygiene habits and reap the many benefits of good personal hygiene.



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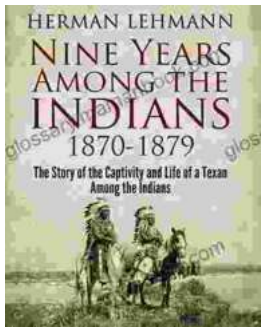
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