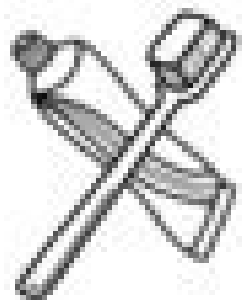


TAKE CARE OF YOUR MOUTH...



Brush your teeth 2-3x a day.

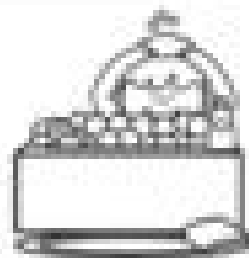
Floss between your teeth every day.



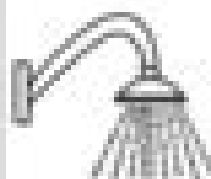
Have a dentist clean your teeth twice a year.

WASHING YOUR BODY & HAIR

Bathe your body with soap and water every day!



Brush or comb your hair every day (if it is not in braids).

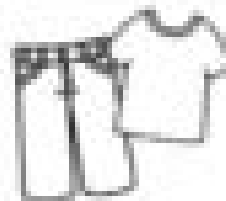


Wash your hair every 1-2 days if you have fine hair, and every week if you have coarse hair.

Use shampoo and rinse well when washing your hair.

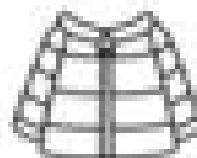
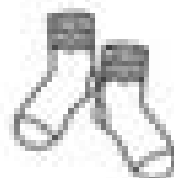


KEEP YOUR CLOTHES CLEAN



Wear clean clothes and underwear every day.

Put on clean socks every day.



Wash your jacket/coat once a week.



DON'T FORGET YOUR BED SHEETS!
Wash or change your bed sheets every 1-2 weeks.

If you are in the 3rd grade or higher, you need to apply **DEODORANT** every day! Reapply if you get sweaty playing outside or doing sports.

Personal Hygiene Brochure

Tapio Katko, Bo Højris



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