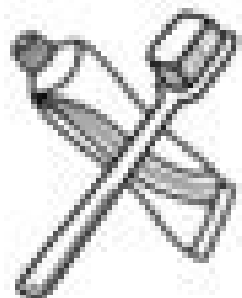
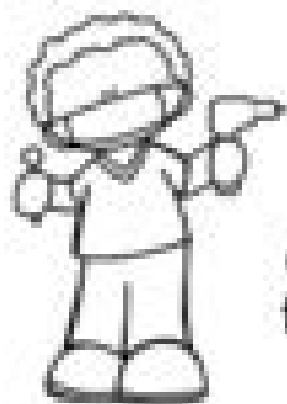


## TAKE CARE OF YOUR MOUTH...



Brush your teeth 2-3x a day.

Floss between your teeth every day.



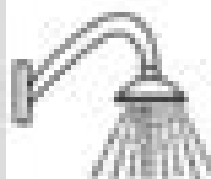
Have a dentist clean your teeth twice a year.

## 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).

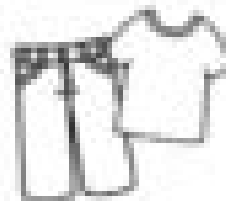


Wash your hair every 1-2 days if you have fine hair, and every week if you have coarse hair.

Use shampoo and rinse well when washing your hair.

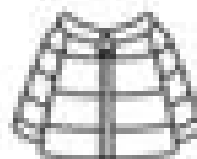
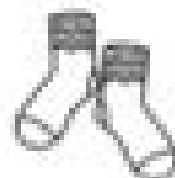


## KEEP YOUR CLOTHES CLEAN



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 3<sup>rd</sup> grade or higher, you need to apply **DEODORANT** every day! Reapply if you get sweaty playing outside or doing sports.

# Personal Hygiene Brochure

**George B. Berke, American National  
Red Cross**



## **Personal Hygiene Brochure:**

## The Enigmatic Realm of **Personal Hygiene Brochure**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Personal Hygiene Brochure** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

<https://crm.avenza.com/public/detail/fetch.php/rainbird%20timer%20fuse.pdf>

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