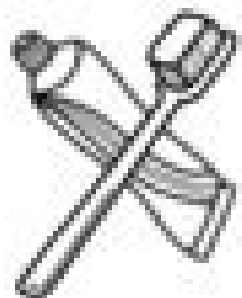


TAKE CARE OF YOUR MOUTH...



Brush your teeth 2-3x a day.

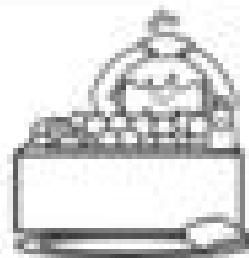
Floss between your teeth every day.



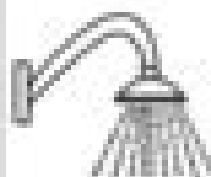
Have a dentist clean your teeth twice a year.

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).

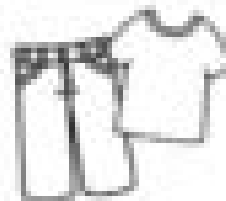


Wash your hair every 1-2 days if you have fine hair, and every week if you have coarse hair.

Use shampoo and rinse well when washing your hair.

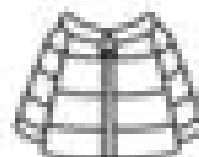


KEEP YOUR CLOTHES CLEAN



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

Shasha Hu



Personal Hygiene Brochure:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Personal Hygiene Brochure**

In some sort of inundated with screens and the cacophony of fast connection, the profound power and psychological resonance of verbal art frequently disappear into obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, set within the musical pages of **Personal Hygiene Brochure**, a fascinating work of fictional elegance that pulses with organic emotions, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus courses readers on an emotional odyssey, softly revealing the latent possible and profound influence stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is central themes, dissect their charming writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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