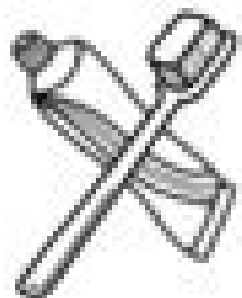


## TAKE CARE OF YOUR MOUTH...



Brush your teeth 2-3x a day.

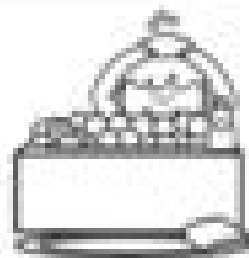
Floss between your teeth every day.



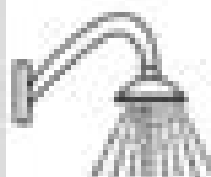
Have a dentist clean your teeth twice a year.

## 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).

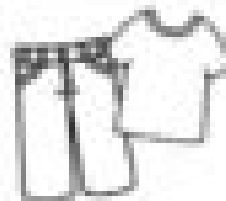


Wash your hair every 1-2 days if you have fine hair, and every week if you have coarse hair.

Use shampoo and rinse well when washing your hair.

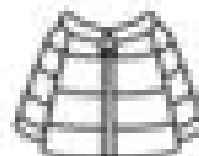


## KEEP YOUR CLOTHES CLEAN



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

**Liam Leonard, Sya B. Kedzior**



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