

Keeping Clean



You've probably learned about cleanliness at home or in school. Just to remind you, here are some simple ways to help yourself keep clean and away from germs that might make you sick. After you've read them, put down the book and see how many you can remember.

Hair

- Wash your hair regularly and after active sports or a dirty job.
- To prevent the spread of head lice, use your own brush and comb. Do not wear another person's hat.

Eyes

- Keep your fingers away from your eyes.
- Wash your face when you wake in the morning and before you go to bed.

Ears

- Never put anything sharp into your ears.
- Wash them every day.
- If you have trouble hearing or your ear aches, tell your parents.

Nose

- Try not to blow your nose too hard. It can damage your ear passages because they are connected to your nose.
- Keep your fingers out of your nose so that you won't catch germs that can cause a cold.
- Use a tissue or clean handkerchief to wipe your nose.

Mouth

- Brush your teeth after every meal and after you eat sweets and other sticky things.
- Floss your teeth daily.
- If you can't brush after a meal, rinse out your mouth with water.
- Do not share your toothbrush.
- Cover your mouth when you sneeze to prevent the spread of germs.

Hands

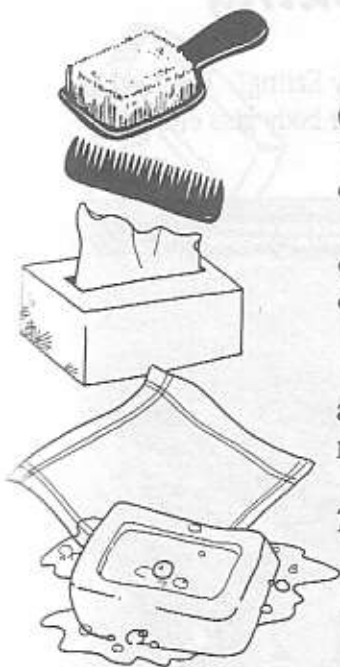
- Wash your hands before eating or touching food.
- Wash your hands after using the toilet, and after handling animals.

Nails

- Cut your finger nails and toe nails with a clipper before they get too long.

Feet

- Wash your feet regularly.
- Wear clean socks every day.
- Wear proper footwear for the weather (e.g. snow boots for winter).



General

- Bathe or shower daily, particularly after working up a good sweat.
- Change your underwear daily.
- Keep your room and belongings clean and tidy.

Did you remember all the ways to keep clean and avoid germs? If you weren't sure of some of them, read them over and test yourself again.

This is what I already do well:

This is what I want to do better:

