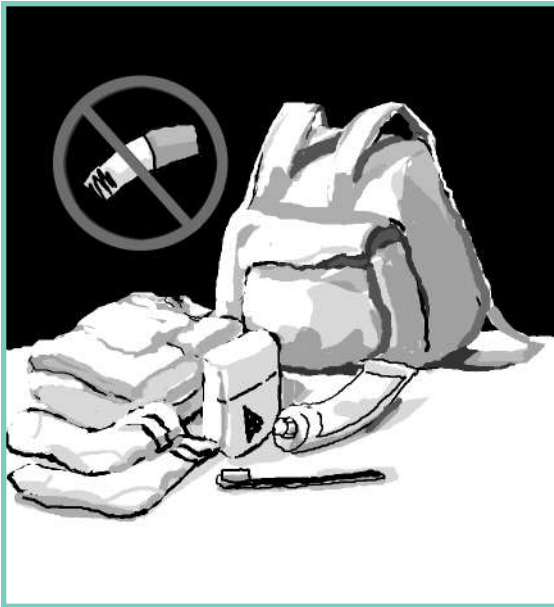


Secrets to success:

1. Take a shower or bath if you notice sweat or smells.
2. Change your t-shirt, underwear and socks if they are dirty.
3. Keep your mouth clean. Brush your teeth and avoid tobacco.



For more help about hygiene, talk to your family, school nurse, nurse practitioner, or doctor.



Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The English and Spanish brochures were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

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Healthy B.A.S.I.C.S.

Hygiene for your body



Steps for good hygiene:

What is hygiene?

Hygiene is a way we stay healthy. Good hygiene means paying attention to body changes, smells and sweat. This helps us fight germs that cause smells on our bodies.

Why is hygiene important?

Most kids worry when their bodies change because there are new sights and smells.

Some kids have:

- more oil in their skin and hair
- drier skin and hair
- more body hair
- more sweat and new smells.

These changes are normal. Good hygiene helps get rid of germs and helps us feel good about ourselves. Other people will want to be around us, too.



Face and neck:

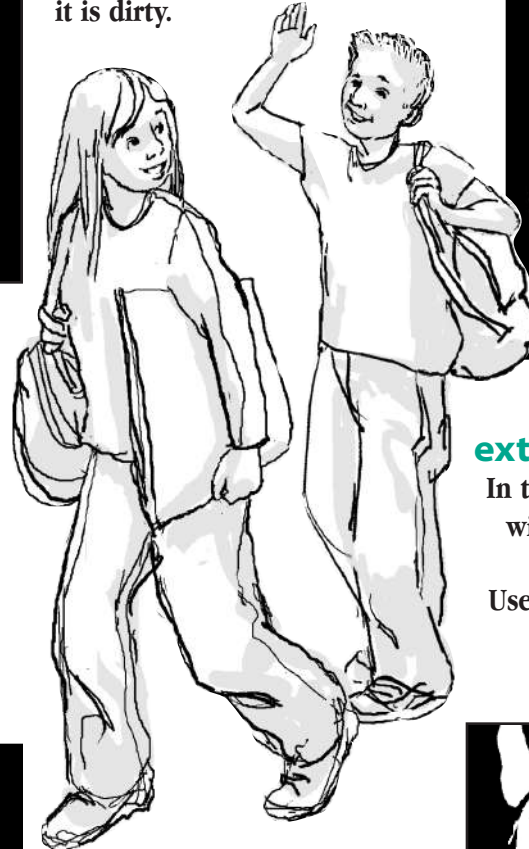
Wash with soap and water to control pimples and oily skin.

Ears: Wash outside and around ears with soap and water.



Hair:

Wash hair with shampoo and water when it is dirty.



Whole body and extra sweaty places:

In the shower or bath, wash with soap and water. Wash private parts with water. Use underarm deodorant to fight sweat and smells.



Mouth:

Control bad breath by flossing and brushing teeth twice a day.

Feet: Wash and dry feet well. Wear clean socks if possible.