

# Personal Hygiene for Your Body

## Wash your mane!

You don't have to wash your hair every day, but if your hair is oily/greasy or your head itches then you should. Oils can cause gross buildup on your scalp and can cause pimples on your forehead.

## Share your friendship not your personal items

Do not share your personal items. Doing this will not only transfer bacteria it can transfer LICE! Even the cleanliest people CAN get lice. Be proactive and check your (your child's) hair weekly. This will prevent outbreaks in our school! Schools no longer do lice checks nor send out letters. It is up to you to detect and treat lice.

## Human Claws

Eeww! Germs can get trapped under your nails and spread infection. Including HPV (human papillomavirus). Keep them trimmed!!!

## Zap Those Zits

Avoid oily skin and acne by washing your face twice a day. If you have cleanser peroxide acid or benzoyl salicylic acid or sulfur



## Those things you walk with

Clean toes and feet will keep away athletes' foot and toenail fungus. Keep feet dry and clean. Also, these nails should be trimmed too!



## Pearly Whites

Brush your teeth at least twice a day and floss once a day. Doing so will prevent nasty breath and keep your teeth healthy and white.

## My body is growing up!

Hormones cause extra amounts of sweat that, well, STINK! Shower everyday with soap and water to wash away B.O. After showering use an antiperspirant or deodorant to reduce sweat.

## Yup, there's hair there too.

Embarrassing? Yes, but everyone has to keep them clean by soaping up and rinsing daily. Pubic hair can trap sweat and bacteria, and this is the last piece you want to have problems.

