

# Benefits of Good Personal Hygiene

Personal hygiene refers to the things we do to stay clean and take care of our body. This helps us to stay healthy and confident.

Personal hygiene has the following benefits:



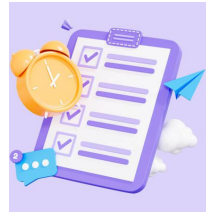
Protects against illness

Helps us remain germ free



Boosts self-confidence

Improves academic performance



Improves self-discipline, which helps develop a good work ethic for future success



Wash hands for at least 20-30 seconds after using the bathroom.



Use deodorant on your underarms.



Wash hands before and after touching things (e.g. food, rubbish, door knobs, pets etc.).



Take a shower or bath daily. Wash your hair with shampoo.



Trim nails, don't bite them.



Use a tissue (or your sleeve) to cover sneezes or coughs.



If you can't remember to follow your hygiene routines, set a reminder on your phone or alarm clock.

Hang a sign on a piece of paper or a post-it on the bathroom mirror or bedroom door or wall (somewhere you will look each day).



The more you practice a hygiene routine, the easier it gets!