NURSING NEWSFLASH

Did you know?   APRIL-2024

What is Hygiene?

- **Hygiene is keeping yourself and your surroundings clean to help prevent the spread of illness.**

Did you know?

- **Students don't clean their hands often or well enough. In fact, one study found that only 58% of female and 48% of male middle and high school students washed their hands after using the bathroom.**

  https://www.healthyschoolshealthypeople.org/community/hand-hygiene-facts-and-statistics

Benefits?

- **Enhances your mental and emotional health.**
- **Reduces stress, anxiety, and symptoms of depression.**
- **Can have a positive impact on a person's social life**
- **Helps you from getting sick and spreading germs.**

If you can smell yourself, others have been able to for a while.

What Can I Do?

- **Wash your hands often**
- **Clean fingernails often**
- **Shower/ Bathe regularly**
- **Brush your hair daily**
- **Brush your teeth 2x a day**
- **Wear deodorant**
  - **Reapply after exercise**
- **Wear clean clothes**
- **Go to your school nurse**
  If you need any hygiene supplies Including Shampoo/Conditioner Soap/Toothbrush/Paste/Deodorant

Hygiene Fun Facts!

Flossing is when you clean between your teeth using a soft thread.

Mouthwash can help kill the bacteria in mouths and also helps prevent against bad breath.

Brushing your teeth helps improve oral hygiene and protects your teeth from germs and bacteria.

When washing or showering, it's important to use soap to completely clean and make like new.

Showering is important for practicing good hygiene. Showering keeps your body fresh and clean.

Washing your hands is the most effective way to avoid getting sick and spreading germs.