

moisture

splash cleanliness washroom procedure

soapy protect

hygienic Stream

NURSING NEWSFLAS

hands

body purify cleanse back isture pure treatment shness toothbrush

scrub

cleanse bacteria daily pour treatment daily pour eating

washing pouring

cleansing bubbles cleanly toothpaste

Did you know?

relaxation

bodycare p 3

eating beautiful

bathroom

What is Hygiene?

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

Did you know?

clear Students don't hair 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?

If you can smell yourself,

- 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.

What Can I Do?

others have been able to for a while.

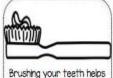
- Wash your hands often
- Clean fingernails often
- Shower/ Bathe regularly
- Brush your hair daily
- Brush your teeth 2x a day
- Wear deodorant
 - Reapply after exercise
- Wear clean clothes
- Go to your school nurse If you need any hygiene supplies **Including Shampoo/Conditioner** Soap/Toothbrush/Paste/Deodorant

Hygiene fun fac+s!





and also helps prevent against bad breath.



Improve oral hygiene and protects your teeth From germs and bacteria.



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



