



## Personal Hygiene

### What is personal hygiene?

Personal hygiene refers to the cleanliness of your body and clothes.

### Why is personal hygiene important?

When you keep yourself clean, you're less likely to get sick, you'll feel better about yourself, plus your friends, family and co-workers will enjoy having you around!

### What can you do to practice good personal hygiene:

- Wash your hands often, especially after using the restroom; before handling, preparing or eating food; after sneezing or coughing into your hands; after touching animals and after touching anything dirty. *Remember to use soap and warm water and dry your hands with a clean towel.* Carry and use hand sanitizer when you do not have access to soap and water.
- Bathe or shower daily. Be sure to wash *all* parts of your body using soap, warm water and a wash cloth. Rinse and dry well, especially between your toes. Don't forget your face and ears!

Wash your hair regularly. Don't forget that your combs and brushes need washing too. Do not share your comb and brush with others.

- Brush and floss your teeth. Brush at least twice daily with a soft bristle brush and fluoride toothpaste. Floss once daily. Remember to visit your dentist at least once a year for a check-up. Do not share your toothbrush. Replace your toothbrush if you have been sick or when the bristles are worn.
- Stop body odor. Apply a deodorant/anti-perspirant to clean armpits immediately after you bathe or shower. Don't use excessive amounts of cologne, perfume or after-shave.
- Wear clean clothes. Change socks and underwear daily. If your shoes become wet or damp, allow them to dry before wearing again.
- Keep nails neat. Cut toenails straight across and fingernails in a rounded fashion. Don't bite your fingernails; that can lead to infection.

For more information contact Guilford County Department of Public Health at 336-641-7777 or [www.myguilford.com](http://www.myguilford.com)