

Name \_\_\_\_\_ **Personal Hygiene**

## **Good Habits, Healthy Body**

Keeping your body clean is one of the ways that you stay healthy. Washing your hands regularly prevents the spread of many contagious diseases. Put a check next to each activity if you should wash your hands before or after you do it:

Before eating

After eating

After going to the toilet

After touching animals

After gardening

After taking out the trash

After coughing

After bandaging a wound

After changing a diaper

### **How to Wash Your Hands**

- Use soap and clean water.
- Wash your hands all the way up to and including your wrists.
- Use a brush to scrub under dirty nails.
- Use a paper towel or a hot air dryer to dry your hands.
- If soap and water is not available, use an alcohol-based sanitiser. Put about half a teaspoon of the sanitizer in the palm of your hand, then rub your hands together until they are dry.

