

PRACTICE GOOD PERSONAL HYGIENE



TAKE A BATH DAILY



WASH YOUR HANDS

with soap and clean water regularly



BRUSH YOUR TEETH

with flouride toothpaste at least twice a day (in the morning and before sleeping at night)



USE A TOILET

when urinating or defecating (or disposing feces)



USE FOOTWEAR

like slippers or shoes when going outdoors



MAINTAIN PERSONAL GROOMING

Wear clean clothes, keep your hair clean and neat, have your ears and nose cleaned properly, trim your nails