Hygiene

Hygiene is an important part of your overall health, because it's all about trying to keep you clean and healthy. Let's look at the different ways that we can improve and maintain our hygiene:

Washing your hands

Washing your hands is the easiest way to keep clean throughout the day! By washing your hands, you can get dirty germs off you to prevent getting sick or getting others sick.

The best way to wash your hands is by following these steps:

1.) Wet your hands with running water
2.) Rub soap into your hands for about 20 seconds (about the same time as singing "Happy Birthday" to yourself!)
3.) Rinse your hands with water and dry them using a towel or air dryer.

It's best to wash your hands before and after you eat, after you go to the bathroom, after you play with animals, after blowing your nose/coughing/sneezing, or whenever you think your hands may have gotten some germs after touching something dirty!

If you don't have soap and water, try using hand sanitizer! Just make sure to rub it all into your hands until it is completely dry.

Taking a Shower or Bath

Showering or taking a bath is a great way to get your whole body clean! How often you shower is a little tricky though. Some people like to shower every day as part of their morning/evening routine, and others like to shower less often. A good suggestion is trying to take a shower or a bath every other day. That way you can stay clean and looking fresh!

Make sure you're using shampoo when you wash your hair, about a quarter size on your palm would be perfect to use. Body soap is important too and making sure you clean your whole body.

Brushing your teeth

You should aim to brush your teeth at least twice a day; once when you wake up in the morning and once before you go to bed at night. If you have a sticky snack or something gets stuck in your teeth after dinner, it's okay to brush them one extra time! Make sure that you brush your teeth for 2 whole minutes, and it might be a good idea to have a timer by the sink when you're brushing them. Make sure to get all parts of your mouth; your front teeth, your back teeth, and even your tongue! That way your whole mouth can be clean.

Once a day, try to floss your teeth after brushing them as well. That helps get anything stuck out from in between your teeth and to keep your gums healthy too.

It's important to keep our mouth clean so that we can have fresh breath, a nice smile and avoid getting cavities!

Having clean teeth along with washing our hands and taking showers/baths can help us be the cleanest we can be! The cleaner we are, the better we can look and feel. Hygiene is an important part of being healthy so it's important to take it seriously and try our best!