

Personal Hygiene

Personal hygiene is how you care for your body. This practice includes

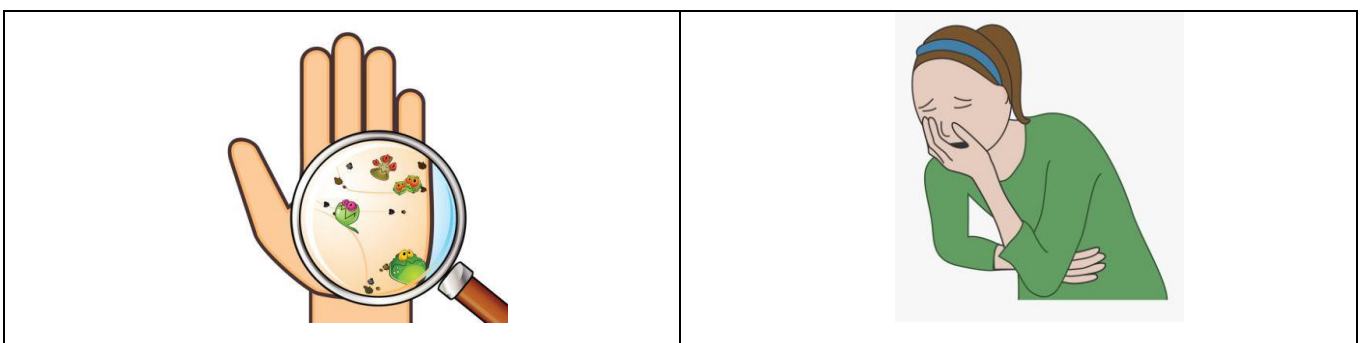
- bathing/showering,
- washing your body, hair and hands,
- brushing your teeth and generally keeping you body clean.

Every day, we come into contact with millions of outside germs and viruses.

Practising good **personal hygiene** can help you and the people around you prevent illnesses. What simple hygiene practice are we being asked to do at this time and why?

A lot of the time people don't think twice about washing their hands.... a bit of soap, rub hands together, rinse under tap...job done! But is it??

By not taking the time to properly wash our hands and make sure they are really clean then we can make ourselves and others very sick.



How to wash your hands with soap and water

1. Wet your hands with warm water and apply soap.
2. Rub your hands together until the soap forms a lather.
3. Rub the top of your hands, between your fingers and under your fingernails.
4. Do this for about 20 seconds.
5. Rinse your hands under running water.
6. Dry your hands with a clean towel or paper towel.

You're lucky, you get great practice at home and at school especially in Home Economics class. So keep up the good work!



HAND WASHING WORD SEARCH

Find and circle the eight words in the puzzle below.

GERMS DISEASE SOAP
 WASH HANDS WARM WATER
 HYGIENE CLEAN HEALTH

O	Z	S	E	I	M	J	K	I
R	T	O	N	C	P	A	O	S
E	U	M	E	T	X	B	D	T
T	V	E	I	G	Q	N	I	V
A	E	S	G	O	A	F	C	H
W	C	A	Y	H	B	P	X	R
M	L	E	H	E	A	L	T	H
R	E	S	E	B	U	R	K	O
A	A	I	S	F	F	B	L	M
W	N	D	S	M	R	E	G	N



COLOUR THE PICTURES BELOW

**WASH YOUR
HANDS**



hand washing coloring page



