

What does proper hygiene look like?



Wash your hair every other day!

Shower or bathe every day



Clean clothes every day



Good eating habits

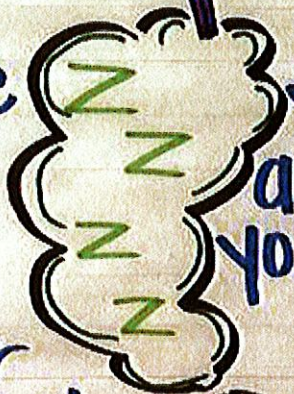
hydrate too!



Brush your teeth 2x a day



Brush your hair and wash your hair brush



Wash your hands:

Sleep!



- Before you eat
- After the bathroom
- When you handle food
- When you cough, sneeze, or blow your nose