

Wellness Topic

Personal Hygiene

Hygiene – The practice of being healthy and clean.

The following should be done daily:

- Have a set routine.
- Take a shower and wash your face in the morning.
- Brush your hair and teeth.
- Do not share towels or personal hygiene products with others.
- Change your socks daily.
- Apply deodorant multiple times a day.
- Change personal hygiene products as needed (girls).
- Wash your hands with soap after you use the restroom.
- Wash your hands before you eat and after PE class.
- Shower after your workouts.
- Place used towels in dirty clothes hamper.
- Wash workout clothes with soap and water after each use.