



Other personal hygiene practices

Brushing teeth

We need to look after our teeth as poor hygiene can cause bad breath or, worse, infections in our mouth. Sore teeth can be painful and make eating and speaking difficult. We also want our teeth to grow strong. Poor hygiene can cause cavities and our teeth to rot.

How to brush your teeth



STEP 1

Put a small bit of toothpaste on your toothbrush.



STEP 2

Brush the inside of the teeth, one or two at a time, using a soft circular motion.



STEP 3

Next, clean the outside of the teeth, one or two at a time. Be sure to brush your gums as well.



STEP 4

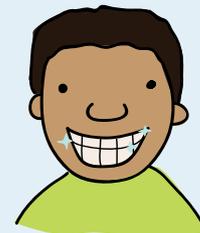
Brush the top and of the teeth and then the surface of the tongue.

It should take three minutes to fully brush your teeth.



STEP 5

Rinse out your mouth with water once you have finished and spit the toothpaste out – don't swallow the toothpaste!



STEP 6

Do this twice a day – after breakfast and before bedtime.

Wash and comb hair regularly

Washing hair can reduce the likelihood of having nits and lice in your hair.

How to wash hair with shampoo



STEP 1

Wash dirty hair with clean water several times.



STEP 2

Apply an amount of shampoo onto your wet hair. Comb hair to spread shampoo evenly on the head to remove dandruff or other dirt in the hair.



STEP 3

Rinse hair thoroughly by combing hair down. Rinse for the second time to get rid of germs and dirt.



STEP 4

Apply shampoo for a second time following the same step then rinse again.



STEP 5

Dry wet hair with a towel.



STEP 6

Wash your hair regularly. If you do not have shampoo, you can use soap and coconut cream.

- **Sharing is not good!** Do not share your comb with anyone, not even your best friend or family member.
- If you have someone helping pick lice from your hair make sure they do not put the louse in their mouth to crack them. Lice are full of blood and it is not good to have lice or blood full of germs in your mouth because you will swallow them.

POEM

Don't Eat My Louse

Yes please friend, pick my louse

But don't please friend,
put them in your mouth

Yes friend it's nice to
have clean hair.

But please friend it's not
nice to put the louse in there

Bathe with soap and clean water

It is very important to have a jump start each morning by having a bath each day. We need to bath with soap every day in order to stay clean, healthy and hygienic. Soap removes dirt that spread on our skin, germs and excess oil from our skin.

We should use a gentle soap and a soft cloth to wash our body, concentrating on those parts that need most attention: face, hair and neck, under your arms, your groin and bottom and feet.

Try and have your own personal soap, do not allow others use your soap or vice versa. It's more hygienic. Do not use really strong soap like laundry soap to wash skin.

Skin problems are common and people who have skin problems, such as rashes, know that soap can make the problem worse. Some people prefer to use less soap.



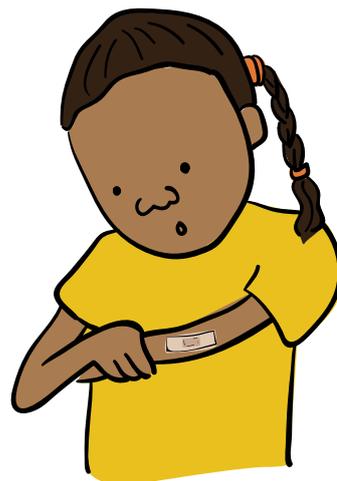
Importance of treating and covering sores

A sore is an injury or an external break in the skin.

Sores are where germs and bacteria can get into our skin, this is why we keep them clean and make sure they are healing properly.

Do not pick or scratch a sore, it will create a scar and will heal slower.

Some sores can be caused directly by germs or bacteria, these are usually called 'school sores'. School sores spread very quickly. A child with school sores should be kept at home and will need to go to the clinic for antibiotics, which need to be reapplied until the sores have completely healed.



Suggestions for home care include:

- wash the sores with soap every eight to 12 hours
- after each wash, pat the sore dry. Use a clean towel or cloth or tissue every time
- apply a dressing to stop the spread of infection. Use a bandage to hold the dressing in place and help stop scratching sores
- go to the clinic if the sores spread and get worse or if you become unwell
- change your clothes every day and change linen (towels, sheets, face washer, sleep wear) daily while the infection is present
- wash hands with soap and clean water every after touching the sores.

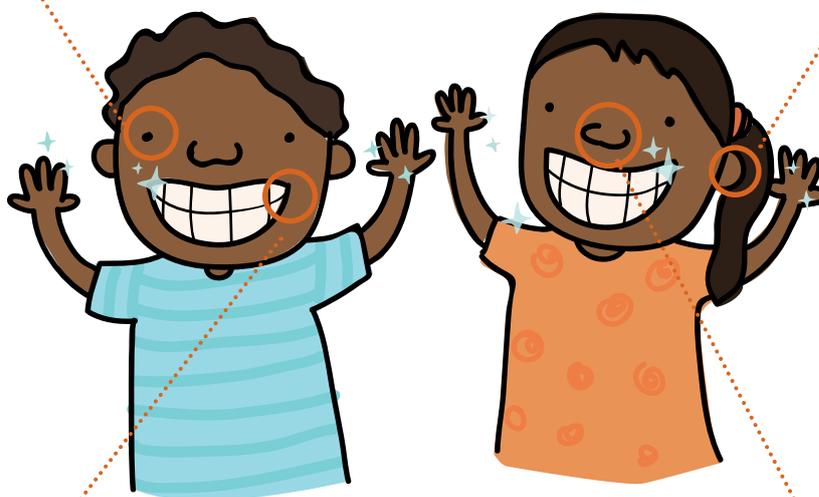
Importance of washing face

Eyes

Close your eyes and gently wash with soap. You need to and move the soap around your eyes and eyebrows. Don't rub hard and rinse the soap straight off. It is important to clean eyes every day. It will help control germs and crusty, red eyes in the morning.

Ears

They only need to be washed regularly. Wash them with soap and water. Earwax is to protect your ears. Earwax slowly makes its way to the opening of the ear where it falls out or is removed as you wash. You can clean the opening of your ear gently with a soft washcloth. Don't put anything else in your ears as this can lead to an ear infection.



Mouth

We must also remember to wash outside and around our mouth when we wash our face. The mouth can be a good home for germs and can cause us to get sick if we do not keep the outside the mouth clean. A lot of what leaks from our nose will end up in our mouth. Keep the area between the nose and mouth clean with soap. If we wash with soap we will clear away germs from our mouth.

Nose

Cleaning your nose make it work better and reduce the chances of catching and spreading colds. Cleaning your nose should be part of your daily face washing routine. Take soap and rub all around your nose, especially the sides and underneath. Use a soft wash cloth and soap. Always wash the nose when you have a cold. Always use handkerchief if you have running nose. This will prevent spread of germs.

