

## K. Personal hygiene procedures

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1. Which of these good personal hygiene habits do you practise?

- Have a shower or a bath every day.
- Clean your teeth at least twice a day.
- Wash your hair with shampoo.
- washing hands with soap after going to the toilet
- Wash your hands regularly with soap and water.
- Wear clean clothes and footwear.
- Keep your nails short and clean.
- Wash your clothes regularly.
- Hang clothes outside to dry.
- Wear deodorant.
- Cover your mouth and nose when coughing and sneezing.
- Wash your hands after coughing or sneezing.
- Keep your hair neatly brushed and trimmed.
- Keep your environment clean, tidy and organised.
- Go for medical and dental check-ups.

