

Good Personal Hygiene



1. **Hand washing is one of the most effective ways to prevent the spread of germs.** Scrub your hands with soap and water for approximately 15 to 20 seconds (long enough to sing “Happy Birthday” to yourself).
 - **Wash your hands before** eating or snacking.
 - **Wash your hands after** sneezing, nose blowing, using the bathroom, after coming home from school, petting animals or playing outside.
 - **Use hand sanitizer or wipes** if you cannot use soap and water.
 - Ask your parent(s) to remind you to wash your hands until you can do this on your own without reminders.
2. **Take a bath or shower every day or two.** Use soap and a washcloth to scrub the dirt away. Around 6 years of age is when many kids begin to shower on their own.
3. **Shampoo your hair every other day** to keep it clean and shiny. Your parent(s) may want to supervise the shampooing and rinsing until you get the hang of it.
4. **Put on clean clothes, including clean underwear, each day.** As you get older, you may help your parent(s) with laundry to keep your own clothes clean.
5. Be sure to **brush or comb your hair** before leaving the house.
6. **Keep your fingernails and toenails clean and trimmed.**
7. **Use deodorant to keep you smelling fresh.** This becomes more important as you become a teen, because your body odors change.
8. **Good dental health and hygiene:**
 - **Brush your teeth in the morning and before going to bed at night.** Make sure you brush your teeth long enough (for approximately 3 minutes) by using a fun timer or while listening to a song on the radio.
 - **Remember to floss** between your teeth.
 - **Gently scrape the back of your tongue with your toothbrush** to get rid of germs that cause bad breath.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dsc.uic.edu or like us on  facebook.com/dsc.uic.edu