

My Personal Hygiene Plan

Name: _____

As we have studied in WOW! Health Education, it is important to follow basic hygiene practices to help prevent the spread of communicable diseases, such as viruses (e.g., common cold and flu), bacteria-carried diseases (e.g., strep throat), and fungi (e.g., athlete's foot).

A. The When and How of Hygiene

Read the table below, which summarizes some basic tips:

Hygiene area	When	How
Hands	After sneezing or coughing into a tissue, before and after eating, after using the toilet, any other time the hands are soiled.	Use soap and water all around hands, between fingers, and up over wrists, continuing to scrub for several seconds (e.g., silently sing Row, Row, Row Your Boat), rinse and dry thoroughly.
Face and body	<ul style="list-style-type: none">• Bathe as needed.• Wear clean clothes daily.• If needed, wear deodorant daily (talk to your family about your need for deodorant).• As needed, clean and clip nails.	<ul style="list-style-type: none">• With soap and water, drying thoroughly, including between toes, fingers, and other more difficult-to-reach places.
Hair	As needed, depending on type.	With shampoo, as appropriate to hair type; do not share hats or combs with others.
Teeth	Brush after meals and snacks or at least twice a day, floss once a day.	Follow your dentist's instructions for brushing and flossing.

(continued)

My Personal Hygiene Plan *(continued)*

B. My Personal Hygiene Plan

Instructions: Fill in the chart according to your needs and your family's beliefs and practices. Be as specific as possible.

Hygiene area	How often I will practice good hygiene in this area
Hands	
Face and body	
Hair	
Teeth	