

Checklist for Effective Personal Hygiene & Well-Being

1. Personal hygiene is a necessity for our daily activities. It is very important for the protection of our health as well as self-esteem.
2. Personal hygiene applies to all parts of the body. Procedures that apply in personal hygiene (handwashing and oral hygiene) must be followed strictly to gain the best results. The promotion of personal hygiene should aim to change human behaviour. The provision of hygiene information first impacts on knowledge and then practice: routines are vitally important.
3. The promotion of personal hygiene must be well-planned in order to bring positive changes.

PERSONAL HYGIENE - IS A NECESSITY FOR OUR DAILY ACTIVITY	MET
<ul style="list-style-type: none"> The prevention of infection / disease / smell by showering once or twice a day. Showering is essential after daily, strenuous exercise. Showering would improve wider body hygiene, in particular: 	
<ul style="list-style-type: none"> Skin hygiene - showering once or twice a day and washing face 	
<ul style="list-style-type: none"> Armpit / groin / genitals / bottom hygiene (least ventilation) 	
<ul style="list-style-type: none"> Finger-nail hygiene - washing of hands 	
<ul style="list-style-type: none"> Mouth / oral hygiene - brushing of teeth twice a day 	
<ul style="list-style-type: none"> Foot hygiene (foot care) - washing and changing socks daily 	
<ul style="list-style-type: none"> Clothes hygiene: clothes washing and changing (washing blazer, shirts, vest / T-shirt, pants). Clothes hygiene is an essential part of human dignity since it affects self-esteem, pride and dignity. 	
<ul style="list-style-type: none"> We normally wear two layers of clothing: (a) under-clothing which is worn right next to our skin (under-pants and a vest or T-shirt) and; (b) another layer (school shirt). 	