

BASIC HYGIENE

WHY DO WE DO THIS HYGIENE? AND WHY IS IT IMPORTANT?

GERMS ARE THE BAD BUGS THAT MAKE OUR STOMACH HURT, OUR HEADS HURT... TO FIGHT THEM, WE MUST DEVELOP BASIC HYGIENE HABITS. SINCE THEY LOVE SOCIAL PLACES, WE MUST BE VERY CAREFUL TO AVOID SERIOUS DISEASES.

WHEN TO BRUSH YOUR TEETH?

AFTER EVERY MEAL

DOING IT AT NIGHT IS THE MOST IMPORTANT



BRUSHING TEETH

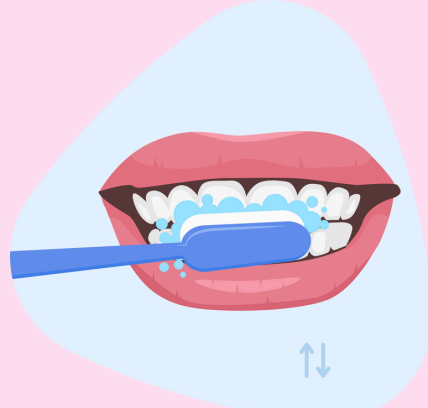
BRUSH CANNOT BE SHARED, IT MUST BE PERSONAL USE



PUT A LITTLE TOOTHPASTE ON YOUR TOOTHBRUSH (THE SIZE OF A PEA).



FIRST, WE WILL BRUSH THE EXTERNAL FACE OF THE TEETH, BOTH THE UPPER AND LOWER TEETH.



TO DO THIS, WE HAVE TO PLACE THE BRUSH AND BRUSH EACH TOOTH UP AND DOWN OR WITH CIRCULAR MOVEMENTS.



THEN WE BRUSH THE UPPER AND LOWER MOLARS, BRUSHING FROM FRONT TO BACK.

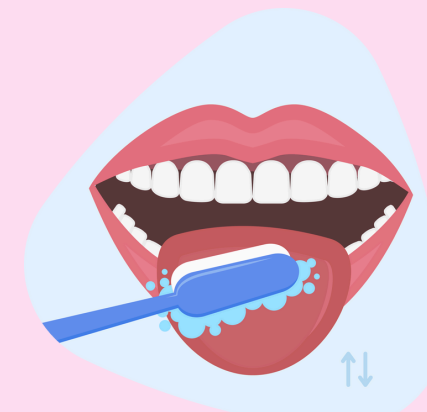


STEPS:



THEN, WE WILL BRUSH THE INTERNAL FACE OF THE TEETH, BOTH UPPER AND LOWER TEETH.

TO DO THIS BRUSH EACH TOOTH UP AND DOWN OR WITH CIRCULAR MOVEMENTS .



WE MUST NOT FORGET TO BRUSH THE TONGUE BY SWEEPING OUTWARDS, BEING CAREFUL NOT TO INSERT THE BRUSH TOO DEEPLY.



FINALLY, WE SHOULD RINSE OUR MOUTH WITH WATER TO REMOVE THE REMAINS OF TOOTHPASTE

BRUSHING TIME:

2-3 MINUTES



NOW YOUR MOUTH IS CLEAN

WE WILL SHOWER 1-2 TIMES A WEEK AT LEAST.



THIS REMOVES GERMS FROM THE SKIN, AVOIDING ITCHING

SHOWER

WHAT I HAVE TO WASH MYSELF WITH:

WITH SOAP AND WATER



AREAS TO WASH:

1 NECK

SWEAT AND BACTERIA ACCUMULATE

2 ARMPITS

TO PREVENT BAD ODOR

3 ARMS AND HANDS

THEY ARE IN CONTACT WITH ALL SURFACES

4 BACK AND BELLY AREA

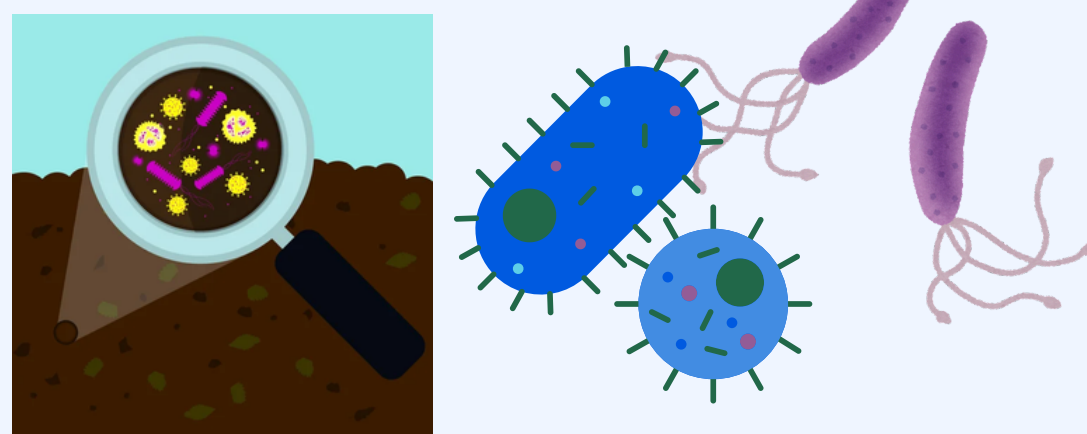
5 INTIMATE PARTS

WE CAN PREVENT URINARY INFECTIONS THAT GENERATE DISCOMFORT

6 LEGS AND FEET



IMPORTANT
WE DO NOT SEE IT, BUT BACTERIAS ARE EVERYWHERE



HOW TO WASH:

FROM TOP TO BOTTOM SO THAT GERMS GO TO THE FLOOR.

TO DO THIS PROPERLY, YOU HAVE TO FOLLOW THE ORDER OF THE AREAS YOU HAVE TO WASH

WHY DO I HAVE TO WASH MY HAIR?:

TO REMOVE DIRT AND AVOID LICE



REMEMBER !

DRY THOROUGHLY AFTER SHOWERING TO REMOVE ANY WATER AND SOAP RESIDUE

BE CAREFUL!

DO NOT PUT SOAP ACCIDENTALLY IN YOUR EYES

WASH YOUR FACE: WITH SOAP AND WATER WHEN YOU WAKE UP

BE CAREFUL!

DO NOT PUT SOAP ACCIDENTALLY IN YOUR MOUTH

