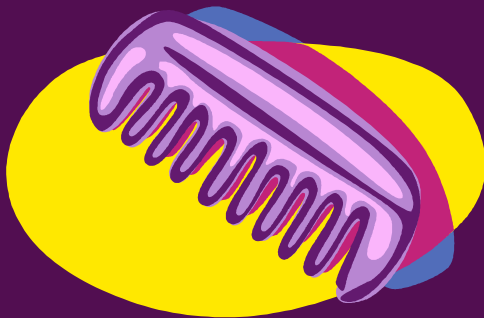


Health and Hygiene

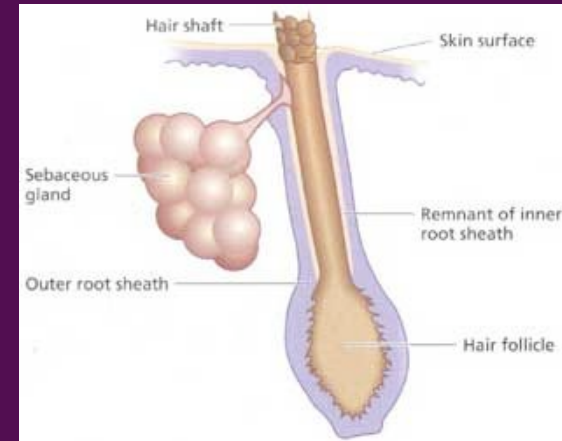


Objectives

- Students need to know how many times to brush their teeth a day and for how long
- Students need to know the proper way to wash their hands
- Students need to understand how to take care of their skin
- Students need to know how to prevent BO

Hair

- Each hair has its own oil gland
- Wash hair every day or every other day
 - Use shampoo for oily hair
- Use warm water and a little shampoo
- Follow up with conditioner
- Styling gels and lotions can add extra oil
- Use “greaseless” or “oil free”



Sweat and B.O.

- Sweat now has a stronger odor
- Bathe everyday with warm water and mild soap
- Wear clean clothes and socks everyday
- Cotton clothes absorb odors better
- Use deodorant



Teeth

- Brush teeth twice a day floss once
- Hold brush at 45° angle at gum line for inside and outside surface
- Chewing surface use sweeping motion
- Brush for a full 2 -3 minutes



Hand washing

- First line of defense against disease
- 1 in 5 people after the rest room
- Use warm water with whatever soap
- Lather everything nail wrists fingers
- For 15 seconds, sing “Happy Birthday”
- Rinse well and pat dry
- In public use paper towel to flush toilet and open door



Taking care of skin

- Wash face twice a day with acne soap
- Wash in circular motion
- Don't pop pimples
- Avoid touching your face
- Clean glasses frequently
- Acne on body, don't wear tight clothes
- Remove make-up before bedtime



Continued

- Buy makeup that says "noncomedogenic" or "nonacnegenic"
- Throw away old makeup
- Keep hair out of your face
- Protect your skin from the sun



Review

- You should brush your teeth for ten minutes five times a day. T F
- You should wash your hands for _____ seconds
- You should pop your pimples to make them go away T F
- Washing your face isn't that important T F
- You have to wash your hair everyday T F