

## A Guide to Good Hygiene

### Core Facts

- **Good hygiene** refers to a set of practices you do regularly that promote cleanliness and prevent the spread of germs and infections. Following good hygiene sets you up for success by preventing illness, ensuring overall health, and is key in social aspects such as confidence in oneself and the desire for people to be in your company.

- **Bathing and Showering**

- Bathe or shower daily to remove dirt, sweat, and bacteria.
- Use warm water and soap, focusing on underarms, groin, and feet.
- Rinse thoroughly and apply lotion or moisturizer after drying.

**Why:** Not bathing regularly can lead to body odor, skin issues, and infections.

- **Hair Care**

- Wash hair regularly (daily for oily hair, 2-3 times a week for dry hair).
- Use appropriate shampoo and conditioner to maintain scalp and hair health.

**Why:** Failing to wash hair regularly can cause dandruff, scalp issues, and hair damage.

- **Dental Hygiene**

- Brush teeth twice a day for at least two minutes.
- Floss daily to remove food particles and plaque.
- Visit the dentist twice a year for cleanings.

**Why:** Poor dental care can lead to tooth decay, gum disease, and bad breath.

- **Handwashing**

- Wash hands frequently, especially after using the bathroom, before meals, or after being in public.
- Scrub hands with soap for at least 20 seconds and dry with a clean towel.

**Why:** Not washing hands regularly can spread germs which can lead to illness, as well as cause food contamination.

- **Nail Care**

- Trim nails regularly and clean under them while washing hands.
- Avoid biting nails to prevent infections and introducing germs.

**Why:** Dirty or untrimmed nails can cause infections and discomfort.

- **Clothing Hygiene**

- Wear clean clothes daily, especially socks and underwear.
- Wash workout clothes after each use to remove sweat and bacteria.

**Why:** Dirty clothes can lead to body odor and skin infections.

- **Deodorant and Antiperspirant**

- Use deodorant or antiperspirant daily to control sweat and body odor.
- Choose products that suit your skin and sweat levels.

**Why:** Not using deodorant can result in noticeable body odor.

- **Foot Care**

- Wash feet daily and dry thoroughly between the toes.
- Change socks daily and trim toenails regularly.

**Why:** Poor foot hygiene can lead to foot odor and infections like athlete's foot.