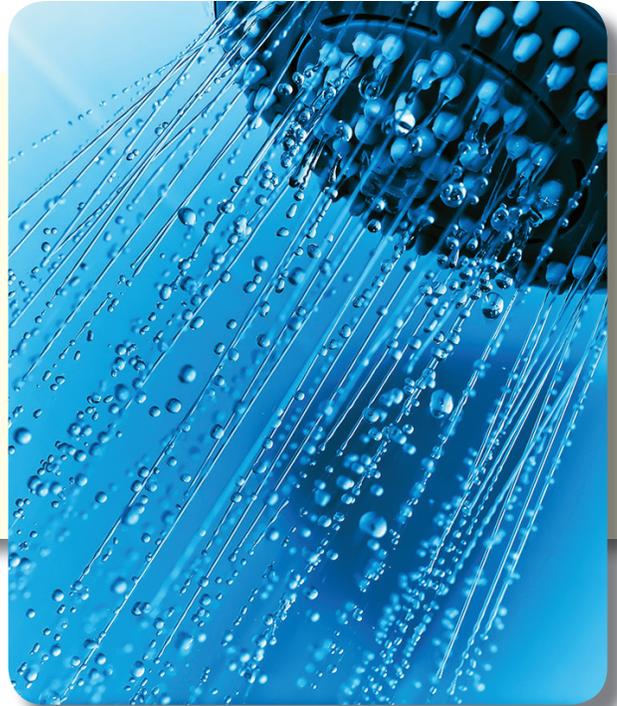


Good Hygiene Matters
Your Grooming and YOU

Personal Hygiene
and How It
Affects Your
Self-Confidence



NorthCare Network

Personal Hygiene

According to the World Health Organization (WHO), **“Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.”** It also refers to maintaining the body’s cleanliness.¹

Practicing daily **HEALTHY PERSONAL HYGIENE** is key to maintaining and improving your **self-confidence**. Strong grooming and cleaning habits will help you have a **healthy mental outlook** and make **interactions with others** easier.



Consequences of poor personal hygiene are:

- *having bad body odor*
- *having bad breath and creating dental problems*
- *getting sick more often by catching germs and diseases*
- *having more acne on skin*
- *causing others to feel uncomfortable around you*
- *creating bad “first impression” with others*
- *making it harder to socialize and interact with others*



Healthy Personal Hygiene Habits²

To stay healthy, wash bacteria, germs, and viruses down the drain **DAILY** by:

- *Showering or bathing regularly. This eliminates many unpleasant bodily odors which are often a build-up of secretions, such as sweat, which harbor bacteria and smell bad. When bathing, wash all parts of your body. **Also, never share with others any personal grooming items that contact your skin such as a toothbrush, razor, comb, deoderant, or towel.***
- *Vigorous washing of hands and cleaning under nails before eating and after using the bathroom.*
- *Washing your face morning and night. This is the best way to clean away excess grease, dirt, and makeup. It helps to keep your skin cleaner. It is also a good way to end your day and encourage bedtime relaxation.*
- *Changing clothes daily. This keeps you smelling clean and fresh, and that can help build your self-confidence.*



The Importance of Hand Washing

- *Washing your hands. It sounds obvious, but do you wash your hands every time you should? That means using soap, lathering up (using either warm or cold water), and rubbing your hands for at least 20 seconds. Rinse well and dry with a clean towel, or air dry.*
- *Sanitize if you can't wash. If you don't have access to soap and water, use an alcohol-based sanitizer that has at least 60% alcohol. Apply sanitizer and rub your hands together. Rub it over all surfaces of your hands and fingers until your hands are totally dry before touching anything else.³*



What Are Good Hygiene Manners?

Good hygiene manners involve practices that prevent the spread of illness and disease. A critical time to practice good hygiene manners are when you are sick, especially when coughing or sneezing. Tips to stop the spread of germs:⁴

- *Cover your mouth and nose with a tissue when you cough or sneeze.*
- *Put your used tissue in a waste basket.*
- *If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.*
- *Always wash your hands after coughing or sneezing as it is one of the most important steps we can take to avoid getting sick and spreading germs to others.*



Practicing good grooming habits is self-nurturing.

It will make you more presentable and attractive to others.

By having strong personal hygiene, you may enjoy greater success in your social environments (including work), and improve your relationships with others.

It's Your Choice.

HEALTHY PERSONAL HYGIENE keeps you healthier and can reduce **depression, increase self-esteem and confidence, as well as improve personal relationships and work opportunities.**

For more information, call **Katreena Hite, Integrated Care Specialist**, at (906) 225-7344