

PERSONAL HYGIENE

As you reach puberty, your body is changing. Your sweat glands are working overtime. Your oil glands start working. You now have to work a little harder at keeping yourself clean. It is worth the extra effort because your friends will enjoy being around you and you'll feel good about yourself. It's your responsibility now. It's not up to your parents to remind you to keep yourself clean.

Personal hygiene is a regular routine of self care that keeps your whole body clean, fresh, and healthy. How do you measure up? Look through this check list of personal hygiene tips. Everyone should score 100%.

Tips

	<u>Yes</u>	<u>No</u>
1. Do you bathe or shower daily since your sweat glands work overtime?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you shampoo regularly to avoid greasy hair?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you wash your face at least morning and night to control excess oils which cause acne?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you use a deodorant or anti-perspirant every day to control the odor produced by sweat glands?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you brush and floss your teeth morning and night to prevent tooth decay and bad breath caused by bacteria?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you put on clean clothes and clean underwear every day? Remember, clothes absorb body sweat and oils and can smell even on clean bodies.	<input type="checkbox"/>	<input type="checkbox"/>



Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.

www.co.oakland.mi.us

Source: Oakland County Health Division, 3/99