

hygiene



Level 3

Hygiene Helps

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You may not be able to see them but it's important to know that germs, viruses and bacteria, are everywhere!

Germs can be bacteria, causing sore throats, ear infections, toothache, and pneumonia, or viruses causing flu, chickenpox, measles, and covid.

Follow a few simple rules and you will help keep the germs from making you sick.



Germs hang out everywhere. You may be touching them without even knowing:

Door handles

Shopping card handles

Restroom taps, doors, handles

Hand rails

Restaurant menus

Elevator buttons



The number one defence against germs is
washing your hands. Wash your hands:
Before eating or touching food,
after using the bathroom,
after coughing or sneezing or blowing your
nose,
after petting animals,
after visiting sick friends,
after touching garbage.

WASH YOUR HANDS



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS

To wash your hands properly:
Wet your hands,
apply soap,
scrub front and back, nails, between fingers, and
wrists, for about 20 seconds,
rinse off fully.



To prevent germs causing toothache, brush your
teeth every day, three times a day, or at a
minimum morning and night:
Brush for 3 minutes minimum
Use the right amount of pressure, not too hard
or too soft,
floss between your teeth,
rinse with mouthwash.



Keep your body clean!
Wash every day in the shower or bath
Wash your feet, between your toes, on top and
underneath,
wash under your arms
wash between your legs, front and behind



Wash your hair regularly to keep the germs out:
wet your hair,
lather in some shampoo,
rinse till all the suds are gone,
repeat with conditioner if you have tangly hair,
towel dry,
comb out while still wet.



Wash your clothes regularly:
Change your socks and
underwear every day!

Wash your clothes with soap and water when
they are dirty,
in a washing machine or by hand.
Wash your sheets and bedclothes
regularly too.



When you cough or sneeze make sure you cover your mouth with your hand or arm to stop spreading germs to other people. Use a tissue to blow your nose and always discard it afterwards in a bin or toilet.



Don't be a fool and use the three-second rule! Germs don't wait around for you, any food dropped on the floor can pick up germs immediately. While the longer a piece of food is on the floor the more germs it will pick up, this doesn't mean it won't have germs after only a few seconds, if in doubt, throw it out! And keep the floor clean to prevent rodents and more germs.



Eat healthily so your body feels good:
Eat healthy snacks like fruit, vegetables, or
grains, instead of crisps and sweets.
Try to eat five servings of fruit or vegetables
every day.
Drink water or juice instead of fizzy drinks.
Try to drink one to two litres of water
every day.



Exercise regularly:
Play outside, walk, run, ride a bike, take up a
sport, or do yoga.
Exercise helps your body and mind function
properly.



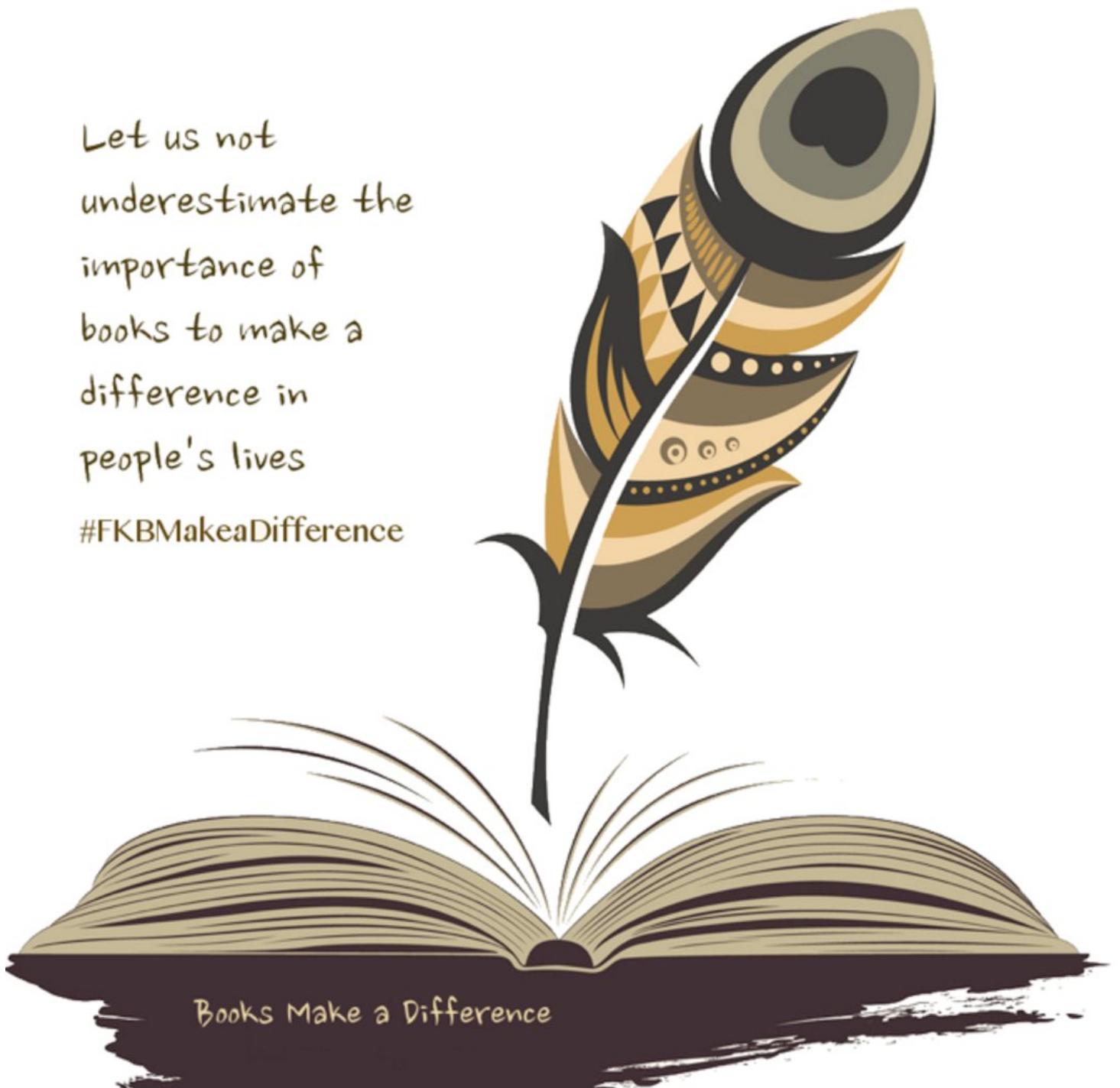
Sleep helps us recharge.
Make sure you get enough sleep,
especially on a school night.
Goodnight!

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- THE END -

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Hygiene Helps (English)

All about basic hygiene for kids

This is a Level 3 book for children who are ready to read on their own.



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