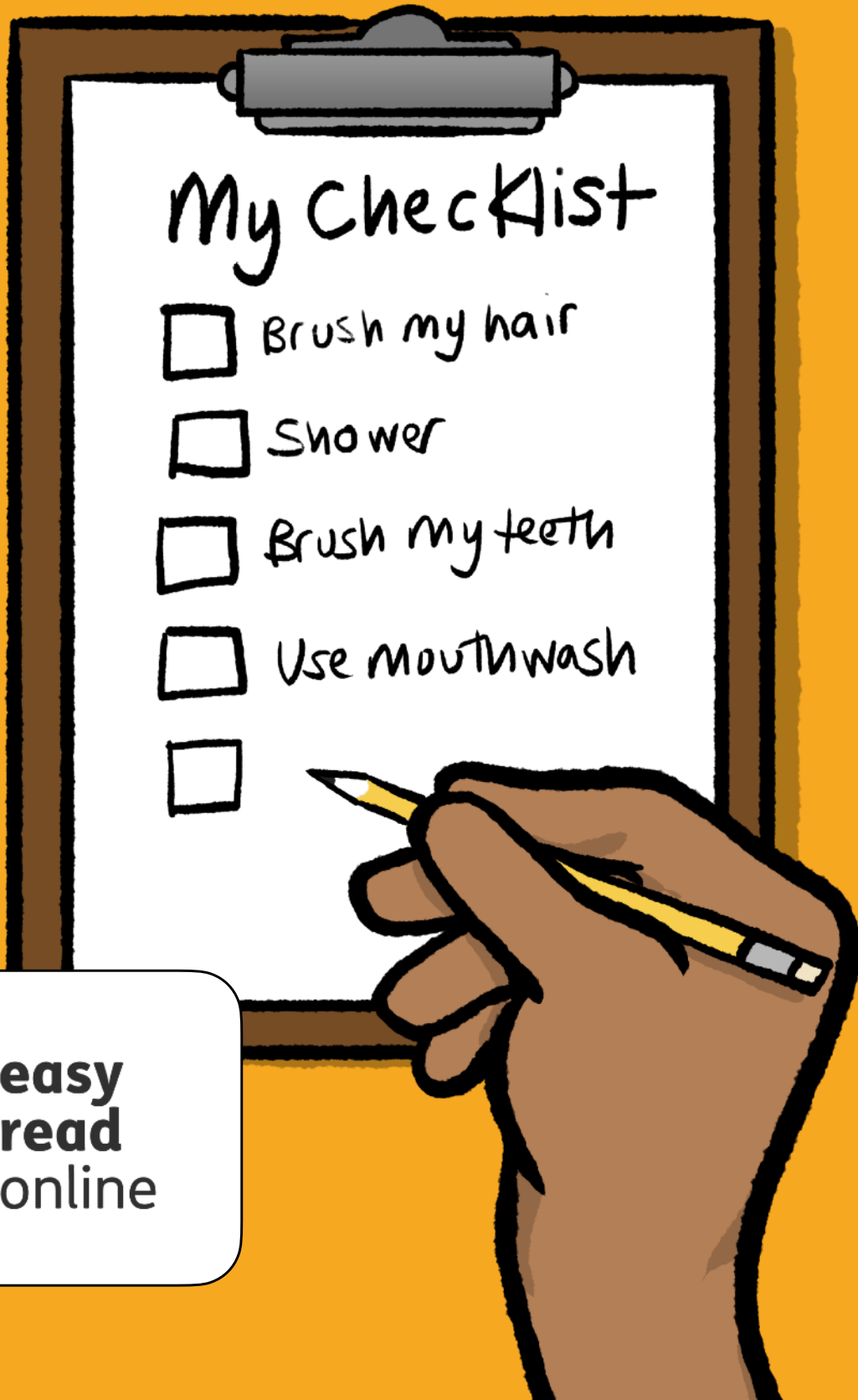


Personal hygiene

My checklist



easy
read
online

Morning - before breakfast



Brush my hair.



Shower or have a bath - I could do this in the evening instead if I wanted.



Brush my teeth.



Use mouthwash.



Use deodorant.



Take any medicines if I need to.

During the day



Wash my hands with soap before eating or after touching something dirty.



Use deodorant if I am very hot and sweating a lot.



Use a tissue if I need to sneeze or blow my nose.

Evening - before bed



Shower or have a bath if I did not have one in the morning.



Clean under my fingernails in the shower.



Brush my teeth.



Floss between my teeth.



Brush my hair.