Daily Hygiene Checklist

- Brush my teeth in the morning
- Wear clothes that don’t smell
- Make sure my shoes don’t smell
- Use deodorant
- Wash my body and clean everywhere
- Make sure that my hair is neat
- Cover my mouth when I cough or sneeze
- Wipe well after using the bathroom
- Brush and floss before bed
- Wash my hands before eating
- Keep my nails trimmed
- Use a tissue to blow my nose

Hygiene is very important! You want to make sure that you’re keeping yourself clean and healthy every day.