



Hygiene

Handwashing

To help prevent the spread of the disease, wash your hands as often as possible, using the following 5 steps.

1. Wet your hands with clean, running water.
2. Relax, include the backs of your hands and between your fingers.
3. Wash for 20 seconds.
4. Rinse with clean, running water.
5. Dry your hands with a clean towel or air dry.

Source: CDC

Bath

Bathing every day is important to feeling and smelling good! Incorporating a bath or shower into your morning or evening routine is a great habit to get into.

Clean the house

An important way to keep our bodies clean and healthy is by cleaning the house. Keeping dishes clean, preventing trash from accumulating in the home, and vacuuming can keep pests (like ants, etc.) out of the house.

Clean clothes

Wearing flawed clothes correctly is important to keep our bodies clean. Our bodies are constantly sweating and shedding skin cells.

Dirty clothes can harbor bacteria and dirt.

Oral hygiene

Good oral hygiene is important for many reasons. Some ways to keep your mouth and teeth healthy are:

1. Brush your teeth for 2 minutes, 2 times a day. Young children do not have the skills to brush themselves, so they will need help brushing their baby teeth.
2. Visit the dentist twice a year. If your dentist and insurance allow your child to go every 3 months, take advantage of that.
3. Floss every day.

Source:

<http://www.mouthhealthy.org>

Activities to teach children hygiene

- Add some glitter to your child's hand, and then get him to do some activities: open the door, play with toys, color, or have a snack. Then follow in your child's footsteps and show them how much shine was left behind.
- After this glitter activity is done, help your child wash their hands. Please note that it takes at least 30 seconds of washing with soap to remove shine.
- Let a boiled white egg sit in a glass of colored liquid (like Coca-Cola) for a day and then look closely. Most likely it is dyed brown. Eggshells and teeth can contain stains in the same way. After you and your child have examined the stained eggshell, show them how to clean the egg with a toothbrush and whitening toothpaste. It will take a bit of scrubbing, but you will soon see the contrast between the brushed and unbrushed area. Teach your child that his teeth get dirty during the day and he needs to brush at least twice a day.
- Help the children do the movements correctly by playing hygiene charades. A child chooses an action for hygiene, such as brushing his teeth, coughing into his sleeve, or showering. Then the child acts the habit of hygiene without using words. The other children guess what action is being portrayed and then you talk about the correct way to do each hygiene habit.