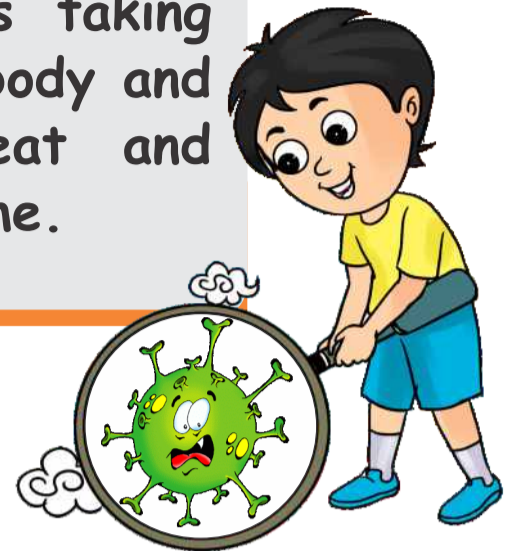


# Be a Hygiene Champion

12#2



Hygiene means taking care of your body and keeping it neat and clean all the time.



**Teeth smart!**  
You must brush your teeth twice a day - in the morning before breakfast and at night after dinner. Rinse your mouth after eating candy or chocolates.



**Nail smart!**  
Keep your nails clean.  
Germs love to live in dirty nails!



**Sneezing Smart!**  
Always cover your sneeze or cough. Use a handkerchief or tissue to cover your nose or mouth when you sneeze. If you do not have a handkerchief, sneeze or cough into your elbow. It is a good habit.

