

Be a Hygiene Champion

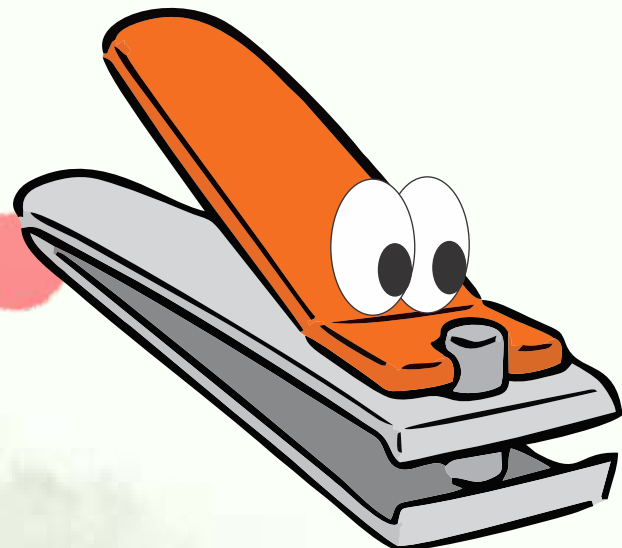


Hygiene means taking care of your body and keeping it neat and clean all the time.



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.

