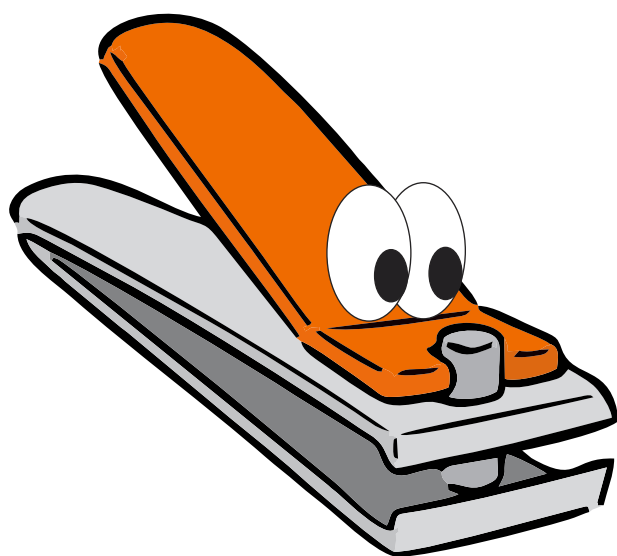


**Hygiene** means taking care of your body and keeping it neat and clean all the time.



## 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.

