

Parent/Student Information  
School Age Children

# Clean and Neat is Hard to Beat



## Taking care of your body is important. These hygiene tips will help to keep you healthy:

- Wash your hands before eating or preparing food.
- Wash your hands after using the bathroom.
- Take a bath or shower every day. Avoid strongly scented bath oils and bubble baths.
- Keep your fingernails and toenails trimmed and clean. Trim toenails straight across.
- Wash your hair to keep it clean. How often you should wash your hair will depend on the type of hair that you have. If your hair is oily, you might wash your hair every three to four days. If your hair is dry, you might wash your hair every seven to ten days. A basic gentle shampoo usually is best for your hair and scalp.
- Comb or brush your hair twice a day and as needed with your own comb and brush set. Do not share combs, hair clips, hair pins, hats or brushes. This is important to remember because sometimes people get head lice from sharing these items.
- Change your underclothes and socks every day. Cotton underclothes are best because cotton absorbs moisture and lessens the chance for skin infections.
- Wear clothes that are clean and do not smell.
- Brush your teeth and tongue using fluoride toothpaste and a soft toothbrush at least two times during the day and at bedtime. Clean between teeth once a day with dental floss.
- Flush the toilet after every use. Wipe after using the bathroom. Wipe carefully after each bowel movement. Girls should remember to wipe from front to back.

Child's Name _____
School Nurse _____
Date _____
School _____
School Phone Number ( _____ ) _____



SOUTH CAROLINA  
DEPARTMENT OF  
PUBLIC HEALTH