

Clothing

Your clothes should be changed frequently, or as soon as they become dirty. Change the clothes you wear next to your skin every day:

- Underpants
- Bra
- Vest
- Socks
- T-Shirt
- Tights



Try to keep your clothes looking neat and tidy. Wash your clothes regularly, as dirty clothes will prevent you from being fresh and clean.

Compliments, concerns or complaints

☎ **Tel:** 01502 445447

✉ **Email:** patientliaison@ecchcic.nhs.uk

Or write to:

PALS, East Coast Community Healthcare,
Hamilton House, Battery Green Road,
Lowestoft, NR32 1DE



If you would like this leaflet in large print, audio cassette, Braille or in a different language, please contact us on **01502 445447**.

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LOOKED AFTER CHILDREN SERVICE

Keeping clean



Guide to personal
hygiene for children
& young people

Get scrubbing!

To keep your body fresh and clean, you should wash all over every day; try to have a bath or shower at least once a day.

Don't forget to take care of your...



Hands

You should wash your hands regularly, as there are germs on everything you touch.



Always wash them before touching or eating food, whenever they feel dirty or sticky and most importantly, after going to the toilet.

Teeth

Brush your teeth at least twice a day using fluoride toothpaste. Try to prevent tooth decay by not having too many sweets and sugary drinks.



It is important to visit your dentist at least once a year for a check-up.

Hair

You will need to wash your hair at least once a week. If you want to wash it more frequently, use a mild shampoo and always rinse it in clean water. Make sure to clean your brush and comb regularly.

If your head starts to itch badly, you may have caught head lice. Ask your school nurse, chemist or doctor for advice and suitable effective treatment.



Underarms

Your underarms are likely to sweat heavily, especially if it's hot or you have been exercising.



Wash them often - at least twice a day - to stop any bacteria growing and to prevent you from smelling of stale sweat.

After you have washed, you may like to use a deodorant or antiperspirant.

Genital area

It is important to shower or wash your genital area daily with non-perfumed soap and water to prevent irritation.



Change your underwear daily and try to wear cotton pants or knickers.

Always wipe your bottom front to back, as this helps to stop infection.

Feet



Wash your feet daily and always dry between your toes; dampness can cause infections like Athlete's foot.

Change your socks or tights daily and try to wear natural fibres, as these allow your feet to 'breathe', helping to prevent 'smelly feet'.

Make sure your shoes are well-fitting and cut your toenails regularly to keep them short.