

Name _____ **Hygiene**



Personal Hygiene

Personal hygiene means keeping your body clean.

Personal hygiene consists of a variety of different activities. Read the list of common personal hygiene habits. How often do you do each one? Put a check in the box that applies.

How Often Do You . . .	Daily	Regularly	Seldom	Always
Brush your teeth?				
Take a bath or shower?				
Wash your hands with soap after using the toilet?				
Change your underwear?				
Change your socks?				
Change your clothes?				
Wash your hair?				
Get your hair cut?				
Trim your fingernails?				
Trim your toenails?				
Cover your mouth when coughing or sneezing?				