



Personal Hygiene

Personal hygiene is about keeping clean. It is important to wash dirt and germs off our bodies. Some germs like to travel on our skin. Some germs travel through the air. Some germs like dirty surfaces. Keeping clean helps to stop germs getting inside our body and making us ill. Keeping clean also stops us from smelling bad.

There are lots of ways we keep ourselves clean. Brushing our teeth, washing our bodies and washing our hands.

5 steps to clean hands

1. Wet your hands with water.
2. Get your hands nice and soapy.
3. Rub your hands together. Wash the fronts, backs and between your fingers. It helps to sing the 'Happy Birthday' song, twice. This is the same amount of time you should wash your hands for.
4. Rinse the soap off your hands with water.
5. Dry your hands well.

It's especially important to wash your hands after using the toilet. Toilets are full of germs. You should also always wash your hands before you eat.

VIPERS QUESTIONS

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Why is it important to keep our bodies clean?

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Name 3 things we can do to keep clean.

R

What happens if germs get into our bodies?

S

Number the sentences below 1 to 5 to show how we clean our hands.

Get your hands nice and soapy

Dry your hands well

Wet your hands with water

Rinse the soap off your hands with water

Rub your hands together. Wash the fronts, backs and between your fingers. (Sing the 'Happy Birthday' song, twice.)

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Why is it especially important to wash your hands after using the toilet?