

Personal care and hygiene



Good hygiene is a sign of self-respect and respect of others.

Dental Hygiene

Here are the secrets for good breath and healthy teeth:

- Brush your teeth at least twice a day after meals, using a toothbrush and toothpaste;
- Floss once a day to remove food that a toothbrush cannot reach; and
- Replace your toothbrush every two months, or sooner if damaged.

Personal Hygiene

Heat and humidity contribute to the proliferation of germs, which cause unpleasant odours and even infections. To prevent this, you need to:

- Shower and bathe regularly with soap;
- Pay particular attention to washing your armpits, feet and private parts; and
- Apply antiperspirant or deodorant over your armpits every day to control perspiration and foul odours.

Hand Hygiene

Washing your hands prevents the transmission of infections. To attenuate the risk of becoming sick or infecting others, you must:

- Wash your hands regularly, especially after going to the bathroom, blowing your nose, touching animals, handling food, etc.;
- Use soap, scrub it everywhere over your hands for 20 seconds, rinse well:
 1. Pour water over your hands.
 2. Use soap.
 3. Scrub your hands for 20 seconds.
 4. Wash your hands thoroughly.
 5. Rinse them for 10 seconds.
 6. Dry your hands.
- Keep your nails clean and short.

Hair Hygiene

Every day, dust and dead cells accumulate in your hair.

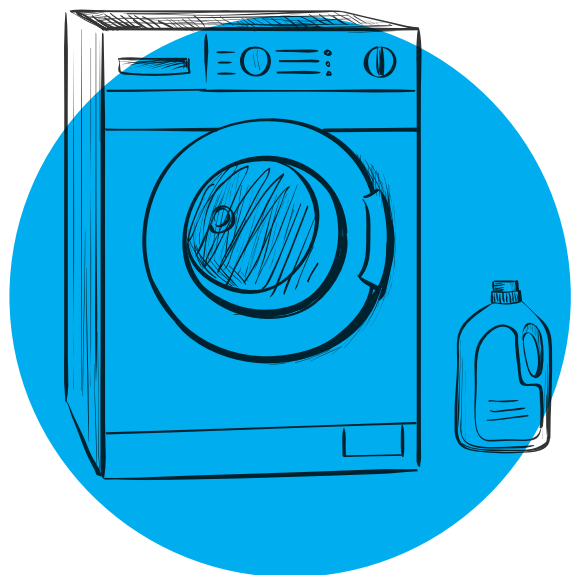
To get rid of those:

- Wash your hair regularly with shampoo (soap for hair); and
- Brush and comb your hair.

Clothing Maintenance

Wearing clean clothes is key to having a neat appearance. It is also a show of good manners and respect. To keep them clean:

- Wash your clothes regularly with detergent;
- Put your socks and underwear in the wash basket after each use; (Be careful when caring for delicate clothing: read the guidelines on the label to know if it needs to be hand-washed, dried on a flat surface, etc.);
- Let your clothes dry completely before storing them to prevent foul odours caused by humidity; and
- Iron clothing that requires it before wearing (shirts, trousers, etc.).



When you are sick

To avoid transmitting your illness to others, please do as follows:

- Wash your hands often with soap;
- Blow your nose with a tissue;
- Throw it in the trash and wash your hands again;
- Cover your mouth and nose with a tissue if you need to cough or feel like sneezing;
- Throw it in the trash and wash your hands again;
- Cough or sneeze in the bend of your elbow or towards your upper arm if you have no tissue; and
- Stay home if you have a fever or have vomited.

Useful Resources

The provincial government's Portail santé mieux-être
www.sante.gouv.qc.ca/conseils-et-prevention

Credit: The content of this document was drawn from the Cégep de Sainte-Foy's training material.

