

# Personal Hygiene Checklist

Name:

Date:

## Instructions:

To fill out this checklist, review each item and mark it with a check (✓) when you have completed the corresponding personal hygiene practice.

## Daily Personal Hygiene Practices:

- Take a bath or shower daily or as needed.
- Wash your face with a gentle cleanser in the morning and evening.
- Brush your teeth at least twice daily (morning and before bedtime).
- Floss your teeth daily to remove food particles and plaque.
- Use mouthwash to freshen your breath and kill bacteria.
- Clean your tongue using a tongue scraper or soft toothbrush.
- Wash and sanitize your hands frequently, especially before eating and after using the restroom.
- Use hand sanitizer if soap and water are not readily available.
- Trim your fingernails and toenails regularly to prevent dirt buildup.
- Moisturize your skin after bathing to keep it hydrated.

## Body Odor and Sweat Management:

- Apply deodorant or antiperspirant to control body odor and sweating.
- Wear clean and breathable clothing, especially in hot weather or during physical activity.
- Change into fresh clothes daily or whenever they become sweaty or soiled.
- Use talcum powder or cornstarch in areas prone to sweat to keep them dry.

## Oral Hygiene:

- Visit the dentist for regular check-ups and cleanings (every six months or as recommended).
- Replace your toothbrush every three to four months or sooner if the bristles are frayed.
- Store your toothbrush upright and allow it to air dry between uses.
- Avoid smoking and limit consumption of stain-causing foods and drinks to maintain white teeth.

### **Intimate Hygiene:**

- Cleanse intimate areas with mild soap and water regularly, especially during bathing.
- Wipe from front to back after using the restroom to prevent the spread of bacteria.
- Avoid using heavily scented products in the genital area, as they can irritate.
- Change menstrual products regularly during periods to avoid infections.

### **Cough and Sneeze Etiquette:**

- Cover your mouth and nose with a tissue or elbow when coughing or sneezing.
- Dispose of used tissues properly and wash your hands afterward.

### **Foot Hygiene:**

- Wash your feet daily with soap and water, especially before bedtime.
- Dry your feet thoroughly, including between your toes, to prevent fungal infections.
- Wear clean socks daily and change them if they become damp.
- Rotate your shoes to allow them to dry fully between wears.

### **Sharing and Cleaning Personal Items:**

- Avoid sharing personal items like towels, razors, toothbrushes, etc., with others.
- Clean and disinfect frequently-touched items like your phone, keys, and doorknobs.

### **Bedding and Linens:**

- Change and wash your bed sheets, pillowcases, and towels regularly.
- Wash bedding and linens in hot water to kill germs and allergens effectively.

*Remember, following this Personal Hygiene Checklist will help you feel fresh and clean and contribute to better overall health and well-being. Establishing these habits as part of your daily routine for optimal hygiene and disease prevention is important.*