

Personal Health & Hygiene



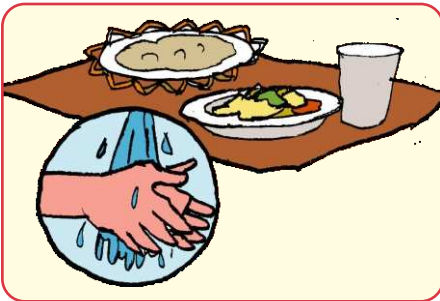
Brush your teeth twice a day



Keep animals away from the kitchen



Eat simple and healthy food



Wash hands before and after meals



Shower frequently to remain clean



Avoid irritation and scratching caused by unhealthy environment



Use boiled water for drinking



Eat vegetables to remain healthy and avoid stomach disorders



Provide healthy environment to children



Wash your hands with soap after visiting toilet



Keep kids clean to avoid flies and infections



Wash clothes and linen frequently

WHEN to Wash Hands with Soap



HOW to Wash Your Hands



Use soap



Rub Palm to Palm with fingers



Rub tips of fingers



Rub each wrist



Rince your hands



Dry your hands