

Keeping Clean



Keeping Clean



Germes are everywhere! They are on the inside and outside of our bodies, and on everything we touch.

Most of these germes are harmless, but some of them can make us ill.

When you feel poorly, it's likely that a germ is to blame.

Because of this, it's very important for humans to keep clean. Sometimes we call this 'hygiene'.

What things do humans do to keep themselves clean?



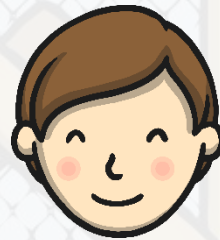
Keeping Clean



Here are some of the things that all humans should do to keep clean. Did you think of any others? Why is it important that we do these things to keep clean?



Having a bath



Washing our face



Washing our hair



Having a shower



Brushing our teeth



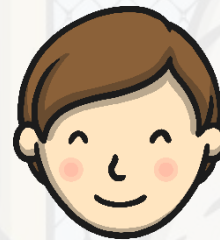
Cutting our nails



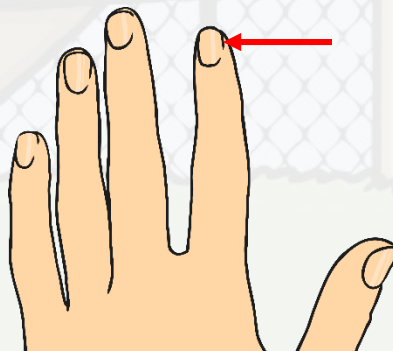
Wearing clean clothes

Keeping Clean

We wash our bodies, hair and faces to stop them looking and smelling dirty.



If we do not cut our nails, dirt and germs collect underneath them. This doesn't look very nice! If these germs get in our mouths, they can make us ill.

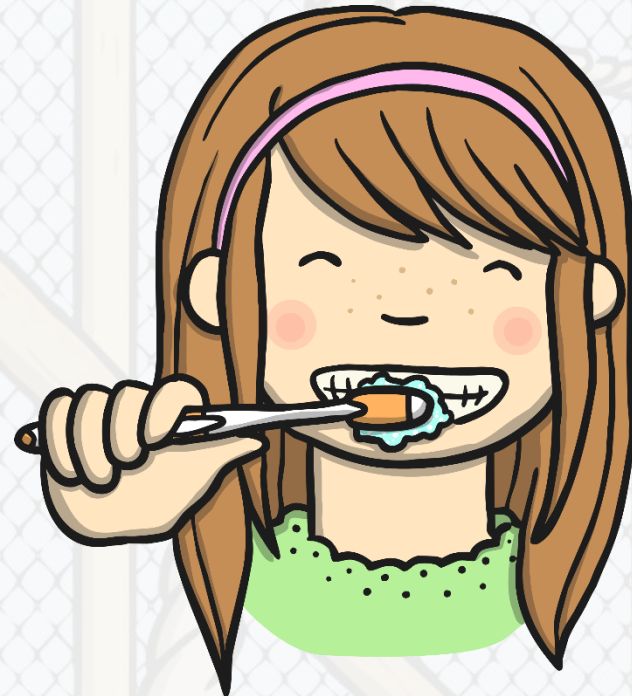


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If we do not clean our teeth, germs in our mouth can cause cavities. These are holes in our teeth, that can be very painful.

Brushing our teeth also makes our mouths feel and smell fresh and clean.

We must brush our teeth with toothpaste every morning and every night.



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If we don't change our clothes, they start to look dirty and will smell bad.

Underwear and socks are worn close to the body and should be changed every day.

Some clothes, like jumpers and cardigans, can be worn again as long as they look and smell clean.



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Hand washing is very important in keeping clean and well.

Because we use our hands for touching, they pick up LOTS of germs.

If we don't keep our hands clean, then we spread these germs around.

The germs from our hands can end up inside our bodies and make us ill.

Sometimes we give the germs to someone else, and then they can get ill too!

When do we need to wash our hands?



Keeping Clean

When to Wash Your Hands

