

# Personal Hygiene Checklist

By Kimberly French

- Hand Washing
  - Keep your hands clean and washed throughout the day.
  - Wash your hands regularly, or use an alcohol-based hand sanitizer.
  - Always wash your hands before eating or meal preparation.
  - Make sure your hands are clean when removing or inserting contact lenses.
  - Always wash hand before administering medicine or attending to wounds or an ill person.
  - Wash your hands after handling garbage or other soiled materials.
  - Make sure to wash your hands after blowing your nose, toileting or caring for an injured or sick person.
- Mouth Care
  - Brush your teeth daily to prevent cavities, tooth decay and bad breath.
  - Brush with a toothpaste that contains fluoride at least twice a day.
  - Check the toothpaste packaging to see whether the ADA has approved your toothpaste.
  - Use dental floss to remove food and bacteria every time you brush.
  - Replace your toothbrush at least every three to four months.
  - Always thoroughly rinse the toothbrush after use.
  - Never share toothbrushes.
- Nail Care
  - Keep your finger nails clean and trimmed.
  - Use a nail brush to gently scrub under the nails each time that you wash your hands.
  - Use an orangewood stick to remove dirt from underneath the nails.
  - Keep the nails neatly cut down and filed.
  - Trim away hangnails as they occur.
  - Always file the nails in one direction.