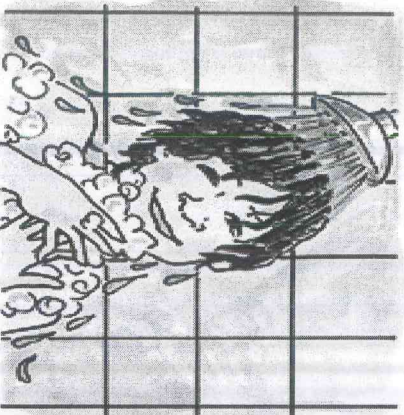


## BODY ODOR, BAD BREATH AND SWEELY FEET (AND WHAT YOU CAN DO ABOUT IT!)

### Why should I care about hygiene?

- ✓ Being clean helps stop the spread of germs and lowers your chance of getting infections.
- ✓ You will look and smell better. You may feel better about yourself – and the people around you will appreciate it!



### How often should I shower or bathe?

- ✓ If possible, shower or bathe on most days – and always after playing sports, doing physical work or playing outside on a hot day.
- ✓ Be sure to wash all parts of your body with soap.

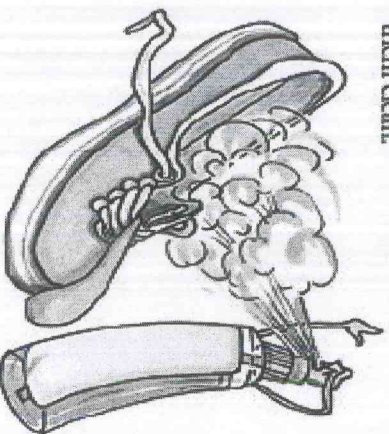
**Did you know that sharing towels, brushes and other personal items with friends or teammates can spread germs and serious skin infections? Keep your personal items personal!**

### How often should I change my clothes?

- ✓ Start your day with clean socks and underwear.
- ✓ Change your clothes after doing anything that makes you sweaty or dirty.
- ✓ Wash your gym clothes at least once a week.

### Yikes, my feet smell! What do I do?

- ✓ If you bathe every day and wear clean socks, and your feet still smell, try:
  - Letting your shoes air out.
  - Wearing socks to help absorb odor.
  - Using a foot powder or spray for your feet and shoes.
  - Trimming your toenails and keeping them clean.

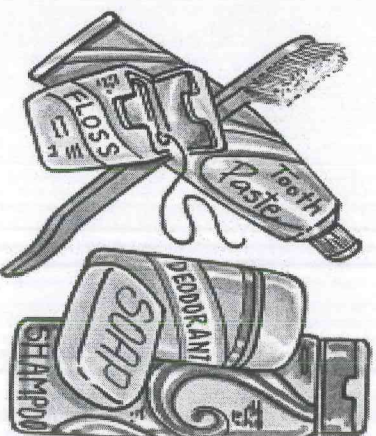


### When should I wash my hair?

- ✓ Everyone's hair is different. Pay attention to how your hair looks, smells and feels.
- ✓ Some hair is oily and needs to be washed often, or even every day. If you have dry hair, you may want to wash it less often.

### Do I need to use deodorant?

- ✓ Everyone sweats. It's normal.
- ✓ Deodorant helps cover up the smell of sweat. Antiperspirant helps stop or dry up sweat.
- ✓ If you bathe and change your clothes every day, you may not need deodorant. But if you find yourself sweating a lot, it can help.



### How do I get fresh breath?

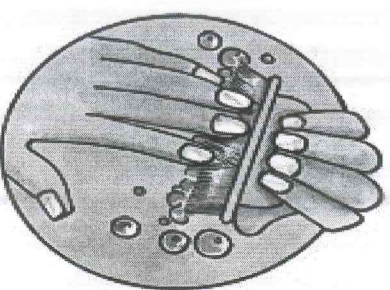
- ✓ Brush your teeth at least twice a day, and floss at least once a day.
- ✓ If you wear braces, you may need to do more. Always follow your dentist or orthodontist's instructions.

### What about my face?

- ✓ Washing your face twice a day can help keep your skin clear.
- ✓ People who wear makeup should wash it off before going to bed.

### What's the big deal about hand washing?

- ✓ It is the single most important thing you can do to prevent colds, flu, stomachaches and more.
- ✓ Wash your hands with soap and water for at least 20 seconds. Wash before you eat or fix food. Wash after using the bathroom and after you sneeze or cough.
- ✓ Be sure to clean your nails too.



### I wash but I still smell.

#### What can I do?

If you bathe regularly, brush your teeth, wash your clothes, change your socks and shoes, and use deodorant – and you still have a problem with body, foot or mouth odor – talk to a doctor, nurse or health care provider. In rare cases, body odor can be a sign of another health problem.