

PERSONAL CARE

TOP TIPS



Keeping yourself clean is essential. Poor hygiene can cause discomfort, skin complaints and infections. Caring properly for yourself is good for your mental health and can improve your self-esteem.

Here are some of the basic items you might need:

- ❖ Hand & face soap or facial wipes
- ❖ Towels
- ❖ Sponge or body cloth
- ❖ Shower gel, soap or bubble bath
- ❖ Tooth brush and toothpaste
- ❖ Shampoo and Conditioner
- ❖ Shaving gel and razors
- ❖ Sanitary products
- ❖ Nail care kit
- ❖ Hairbrush or comb

Here are some TOP TIPS for keeping yourself clean and healthy

- Wash your hands after going to the toilet
- Wash your face every day
- Have a bath or shower at least twice a week
- Brush your teeth twice a day
- Shave when you need to
- Wash your genitals and bottom as often as you can if you can't have a shower every day
- Wash your hair 1 – 2 times a week
- Use sanitary products when required

