



Cofinanțat prin
programul Erasmus+
al Uniunii Europene

HYGIENE RULES FOR ALL

Lapbooks created by the students
at “ȘTEFAN CEL MARE” Secondary
School

Galați - Romania

March 2021



The hygiene of your body is very important because it describes you!!!

Nail cutting



Foot hygiene

Personal hygiene

Changing underwear

teeth matters a lot!
Teeth should be brushed twice a day, so as not to accumulate food, to have a bad breath and caries.

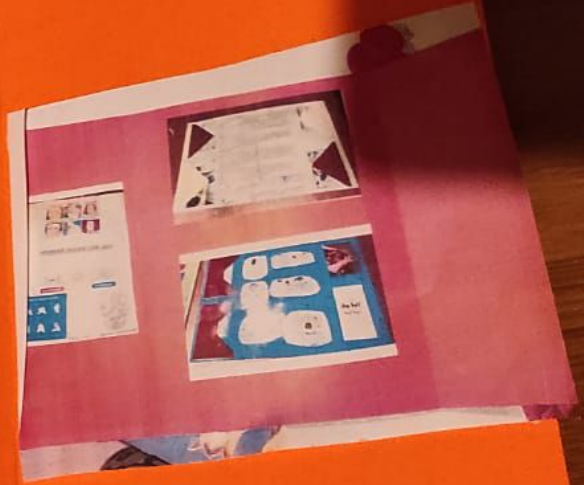
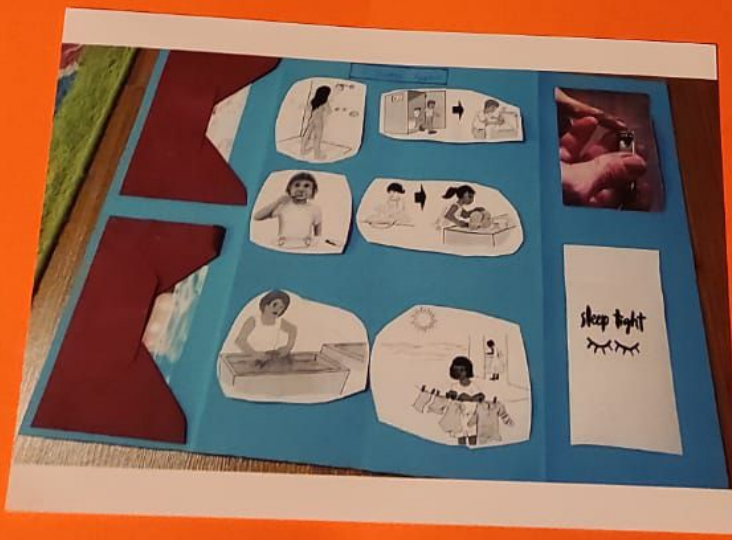
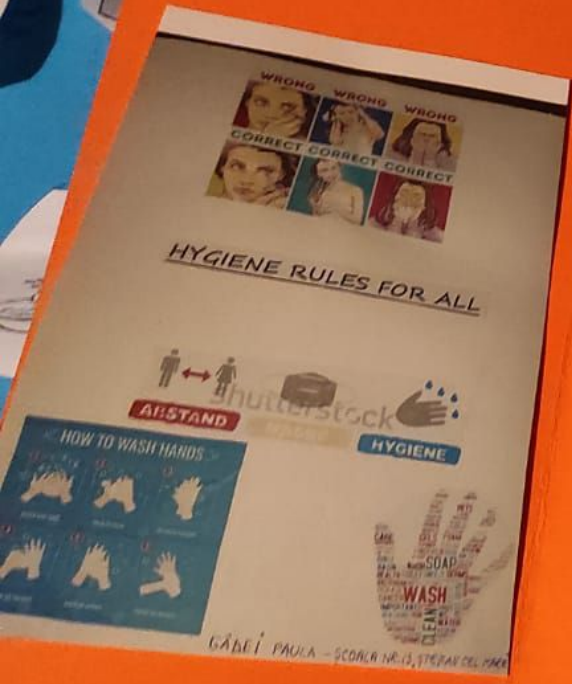
Hand washing, every time before meals, whenever he returns from outside and whenever he uses the toilet.

As soon as he gives up diapers, teach him to use the potty or toilet correctly.

When you have to wash your hands:

- after use the toilet
- after you come from outside
- before eating
- after you come home from school
- after sneezing or coughing
- after you play.
- after interacting with a sick or unknown person.





Everybody should have a shower or a bath every day. However, there may be times when this is not possible, for example, when people are out camping, or there is a shortage of water.





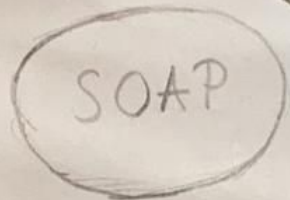
HYGIENE RULES FOR ALL



GÂDEI PAULA - ȘCOALA NR.13, ȘTEFAN CEL MARE

Hygiene.

Brush your teeth 2-3 times a day, in the morning after you ate breakfast, and before going to bed.



Wash your hands after you went out, after you touched something that someone else has access to it.

Take at least 2 or 3 showers a week. And if you have more of a greasy hair you can take more showers a week.



BODY HYGIENE

by Trenchea Nicolas

Kindergarten school, "Befan the Great", Galati, Romania, class 5A

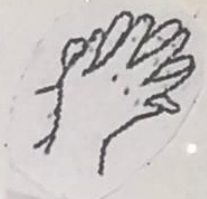


ANT
iles...

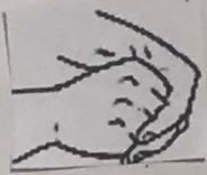
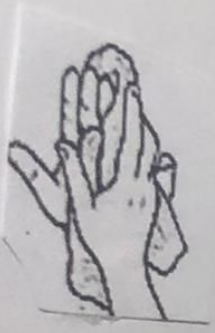
All About HAND HYGIENE

HOW TO WASH YOUR HANDS PROPERLY

First wet your hands. Apply enough soap to cover all surfaces of your hands and wrists. Scrub all over to eliminate the bacteria. Rinse your hands under clean water. Dry them with a clean towel.



SAFE!




When do we wash our hands?

IMPORTANT
rules...


All About HAND HYGIENE

HOW TO WASH YOUR HANDS PROPERLY

First wet your hands. Apply enough soap to cover all surfaces of your hands and wrists. Scrub all over to eliminate the bacteria. Rinse your hands under clean water. Dry them with a clean towel.




We wash our hand every time we touch an object that has touched by



When do we wash our hands?

We wash our hands because they are dirty.



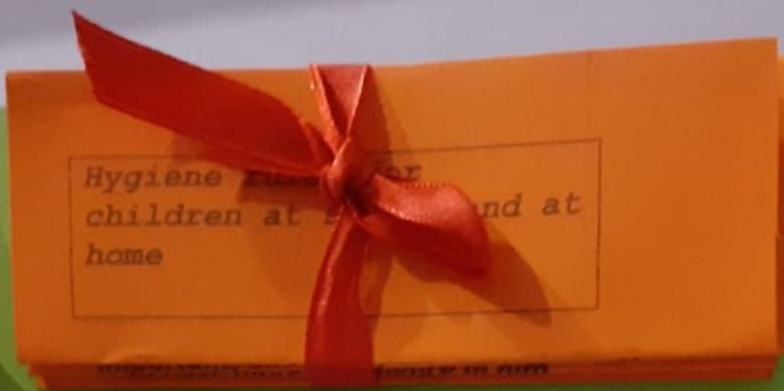
Why do we wash our hands?



STAY SAFE!

The basic rules of child hygiene

-hand washing, whenever he r whenever he use



Hygiene for children at school and at home

How to wash your hands properly :



-daily brushing teeth (morning and evening).



Nail cutting !

Changing underwear

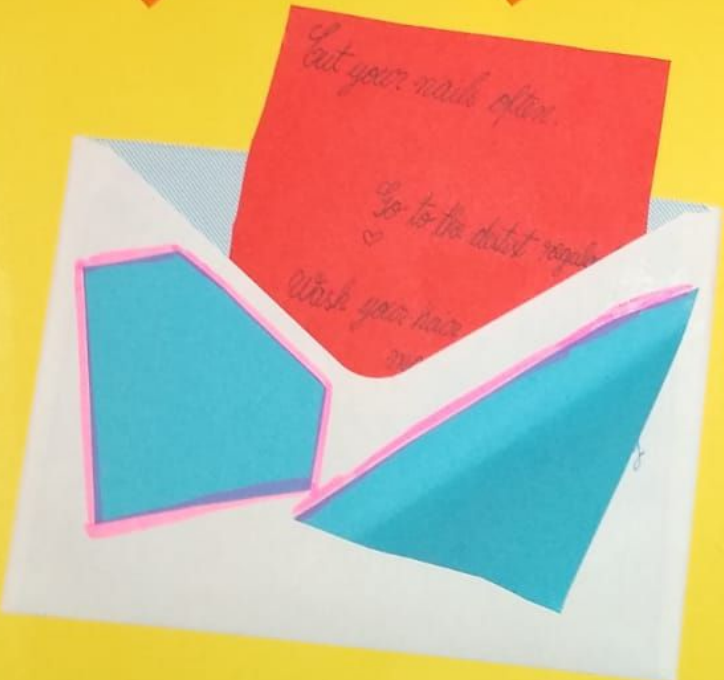
Using the toilet!

Rules to remember !!!

Wash fruits and vegetables with plenty of water before eating. He has to do this even with the fruits he receives in kindergarten or school.

pe mesia onferge apen p
to take off the clothes
to be in the house.
to not sit on the

HYGIENE & SELF CARE



TO STAY HEALTHY
EAT LOTS
OF
FRUIT

you should brush
your hair every day

clean your body with
soap and water

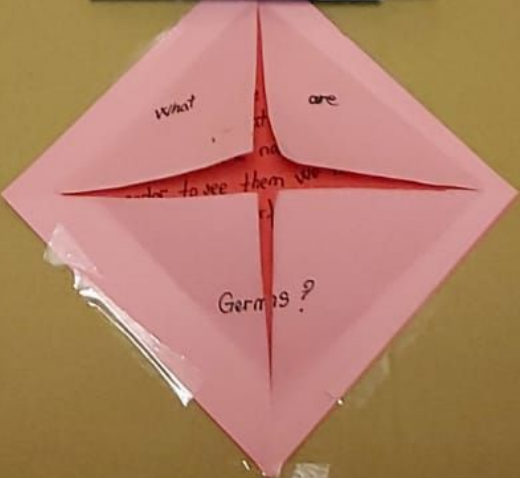
TO STAY HEALTHY
EXERCISE

Clean hands are happy hands
Remember to wash your hands!

Before eating or handling food
After using the toilet
After coughing or sneezing
After touching your face
After handling money

- SHAMPOO
- TOOTHBRUSH
- SOAP
- TOOTH PASTE
- TOOTHBRUSH
- TOOTHBRUSH
- TOOTHBRUSH
- TOOTHBRUSH
- TOOTHBRUSH
- TOOTHBRUSH

Personal hygiene
items



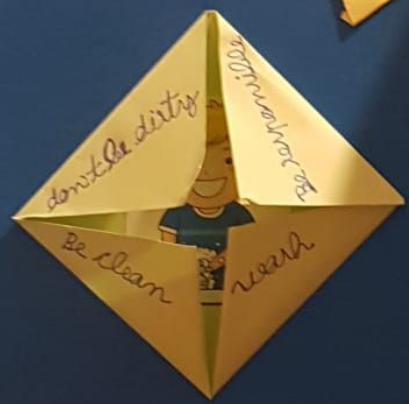
- TURN OFF TAP
- DRY YOUR HAIR
- LATHER AND SO
- LIQUID SA
- RINSE - 10
- WET YOUR

How to wash your
hands properly



Doctors recommend that the bath or shower be taken 2-3 times a week.

It is important to brush your teeth. First of all, you need to allocate the necessary time for a complete brushing.



But use
brush not
too de
the con
at night
the best
to get
the

It is recommended to brush your teeth twice a day.

Wash your feet daily.
Wash your fingers as well.





BENEFITS



If you don't wash your hands, these will be living on your hand, you will not see them, but they are there and you will get infected and you'll get sick, and you will go to the hospital. I tell you, these bacteria are not how you see them, they are WAY WORSE.

What happens if you don't wash your hands

HYGIENE IS
IMPORTANT!!!!!!!

PERSONAL HYGIENE

We need to comb our hair and keep our hair clean.

We take a shower every day.

Taking Care of Yourself	
<p>Sleep Early to bed, early to rise. Plenty of sleep helps you concentrate.</p> 	<p>Teeth Brush teeth every morning and night to keep them shining and bright. Visit your dentist regularly.</p> 
<p>Nails Trim nails weekly. Keep nails short and clean.</p> 	<p>Hair Wash your hair often. Keep it neat by styling and brushing.</p> 
<p>Exercise Play outside as much as possible. Don't sit and play on the computer or watch TV too often.</p> 	<p>Hygiene Bath or shower and change underwear daily. Wash hands after visiting the toilet and before eating.</p> 
<p>Homework</p> 	<p>Diet Eat a healthy balanced diet. Choose healthy snacks such as fruit instead of crisps and sweets. Avoid sweet, fizzy drinks. Drink water, milk or fresh fruit juice.</p> 



I must be all neat and clean
 Untidy I must not be seen,
 From morning until I go to bed
 I try to be clean from toe to head.
 I brush my teeth, I rinse my mouth
 And gargle too very loud.
 To keep clean I blow my nose
 And even clean between toes.
 I wash my hands and without fail,
 Once a week I trim my nail.
 I bathe and wash and comb my hair
 And later play in fresh air.
 This is how I must stay clean
 Because cleanliness is a part of my Deen.

We have to brush our teeth every morning and evening.

APPRECIATE HEALTH

HOW TO CARE AND STYLE YOUR HAIR



GREASY HAIR



WASH HAIR USING A GOOD QUALITY SHAMPOO



APPLY HAIR WASH AND WASH IT OUT AFTER A FEW MINUTES



WEAR YOUR HAIR IN A TOWEL



APPLY HAIR OIL



COMB OUT TANGLES



DRY YOUR HAIR



CURL HAIR WITH CURLING IRON



USE HAIRSPRAY



WELL DONE!

It is important to wash your head for an healthy hair!

How to brush your teeth correctly:

STEP 1

Wet your toothbrush.



STEP 2

Apply toothpaste to your toothbrush.



STEP 3

Smile! Brush the bottom, top, and sides. And brush your tongue.



STEP 4

Rinse your mouth.



STEP 5

Don't swallow. Spit!



STEP 6

Turn the water off.



STEP 7

Put your brush away.



DON'T FORGET!

For good oral hygiene, floss your teeth!



and bad breath.

brush their teeth, because this way will have



Body hygiene

You need to wash your body once every 2 days

Wash your body around 10 minutes.

Rub your body well with soap and then rinse.

If you feel dirty or sweat make a shower

Dental hygiene

We need to brush our teeth 2-3 times a day

Also we need to brush our throat 1-2 minutes as in the picture.



In the context of the pandemic, sneezing should be avoided and we can't, we should cover our mouths with our arms.

An average sneeze travels at around 80 miles per hour! The fastest ever recorded was over 100 miles/h



Hair hygiene

If you have a oily hair wash it 4-5 times a week.

If you have a dry hair wash it 1-3 times a week.

Also every time you feel your hair dirty wash it

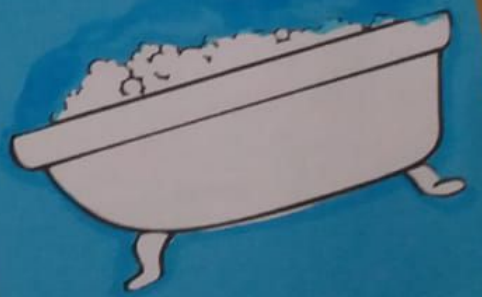
After washing your hair dry it and comb it

Hands hygiene

Wash your hands every time you come from outside

Wash your hands after using the toilet!

We need to wash our hands 20 seconds and to follow the steps of the image.



have been dried
spread less
germs than that
stay wet

Nebraska it is
illegal to sneeze
in church



In the context
of the pandemic,
sneezing should
be avoided and we
can't, we should
cover our mouths
with our arms!

An average
sneeze travels
at around 20
miles per hour!
The fastest
ever recorded
was over 100 miles/h



The longest
sneezing fit
went on for nearly
1000 days before
she eventually
stopped!

You can fit
around, 1000
germs on the
head of a pin

**WASH
YOUR
FACE**

SHOWER
USE SOAP &
SHAMPOO
everytime

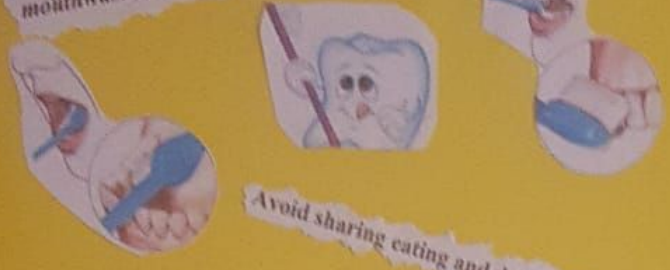


**Comb
your
hair**

**WEAR
DEODORANT**

Shower, wash or bathe every day. Showering, washing or bathing keeps you clean and fresh smelling, so even if you don't feel like it, remember to clean your whole body every day. Make sure to wash your feet well and your armpits

Have good oral hygiene. Clean your teeth, use floss. Use mouthwash, see a dentist regularly. Keep your breath fresh.



Avoid sharing eating and drinking utensils.



Change socks and underwear daily.

clean
ue!
mean by washing thoroughly with
Use an alcohol hand gel when soap
not available.



ing the toilet;
re handling food or eating;
s after taking care of sick people;
your hands after sneezing or coughing.

Trim your nails so that dirt does not build up under them. Do not bite, lick or pick at your nails. Nail polish is optional, but try not to paint your nails more than twice a month, as this can lead to the yellowing and weakening of your nails which whilst not unhygienic is unsightly.



Avoid sharing personal items (e.g., deodorant, razors, hair pins, hairbrush).



Wear clean clothes. There is no point in having a hygienic body if you dress in dirty clothes - it'll just make you stink and look unkempt.

1. Apply the hand sanitiser
2. Rub your hands together
3. Rub the gel over all the surfaces of
between fingers for at least 20 seconds until
are dry





PERSONAL

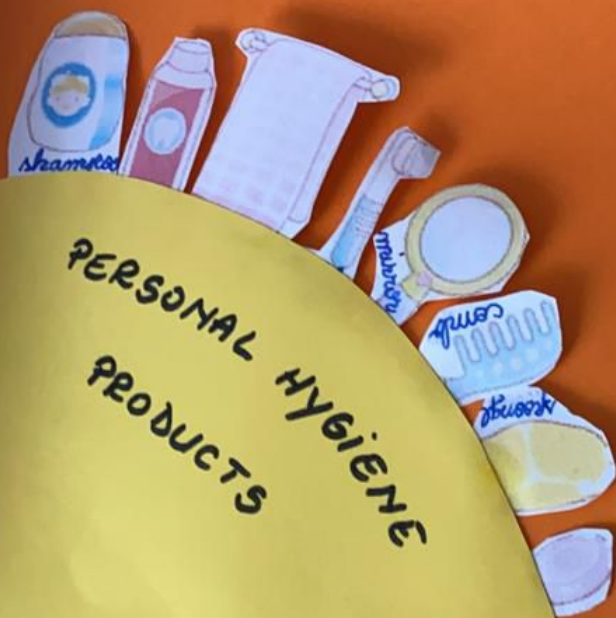


HYGIENE



HYGIENE RULES

- WASH YOUR HANDS BEFORE EATING
- AT THE END OF THE DAY, TAKE A SHOWER
- WASH YOUR HAIR ONCE A WEEK
- WASH YOUR TEETH TWICE A DAY
- CLEAN YOUR EARS REGULARLY
- CHANGE UNDERWEAR EVERY DAY
- COMB YOUR HAIR EVERY DAY
- WASH YOUR FACE EVERY MORNING



PERSONAL HYGIENE
PRODUCTS

Wash your hands and after meals, at least at other times, for
 at least 20 seconds.
 Use soap and water, scrubbing the front and back of the hand.
 Dry your hands with a clean towel or paper towel.

The week-long project. The week-long days, you can make a
 soap dispenser by using a plastic bottle and place them
 in the sink. Add soap, water, and a bowl of warm water for
 the hands. When you wash into the soapy water before scrubbing a
 clean towel.



Washing your hands
 is the best way to
 prevent germs from
 spreading.

Name: _____
 Date: _____

Wash
 your
 hands
 with
 soap
 and
 water



Wash
 your
 hands
 with
 soap
 and
 water



How to wash your hands properly

- Proper hand washing involves:
 - wet your hands with warm water.
 - soap your hands or put liquid soap in your palms.
 - rub the soap between the palms well, then the back of the palms, between the fingers, and
 fingers separately, under the nails.
 - wash hands for at least 20 seconds.
 - rinse your hands with warm water until no soap remains.
 - dry your hands with a clean towel.

DI-NU VICTORIAL
 CLASA: V-a-D



Wash your clothes!

Wash and sneeze into a towel!

Take a shower!

Wash your hands
often
with
soap

Get hand sanitizer
from your
teacher!



Wash the toilet lid when you finish so you don't spread germs. Don't touch the toilet seat when you sit down.

Wash your bathroom
once a month
or
more often!

Wash fruits and vegetables before eating!

Don't touch!

Wash your feet!

Wash your hair!

Wash your hands!

HAND HYGIENE



* WHEN WE GET HOME



* BEFORE AND AFTER USING THE TOILET



* AFTER PLAY



* BEFORE AND AFTER EATING



* AFTER PLAYING WITH AN ANIMAL



* AFTER WORKING IN THE GARDEN

WASH YOUR HANDS REGULARLY. IN THIS WAY YOU WILL PROTECT YOURSELF FROM POSSIBLE CONTAGIOUS DISEASES.

BODY HYGIENE



ON HOT DAYS THE BODY SWEATS MORE AND THE SHOWERS ARE MORE FREQUENT



THE BATH IS ABSOLUTELY NECESSARY FOR THE SKIN BECAUSE WASHING REMOVES DIRT AND PERSPIRATION

DENTAL HYGIENE

* BRUSH YOUR TEETH AFTER EVERY MEAL.

* AVOID EATING BETWEEN MEALS.

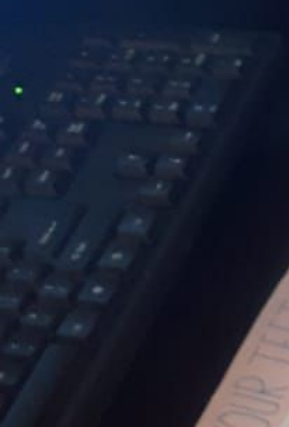


* GO TO DENTIST EVERY SIX MONTHS

* IT'S NOT AT ALL PLEASANT TO SEE SOMEONE WITH DECAYED TEETH

* SICK TEETH CAN CAUSE PAIN AND DISEASE

" RUST EATS IRON AND DIRT EATS PEOPLE " SAY A WORD



BRUSH YOUR TEETH!

CLEAN HANDS = HEALTH

WASH YOUR HANDS!

WASH YOUR HANDS WITH SOAP & WATER

WASH FOR 20 SECONDS

WASH ALL SURFACES OF YOUR HANDS

WASH BETWEEN YOUR FINGERS

WASH UNDER YOUR NAILS

WASH UP TOGETHER!

BACTERIA & VIRUSES ARE UNUSUAL TAKE CARE!

ORDER YOUR

OUR THEE



Types of personal hygiene

Each person's idea of personal hygiene differs. These main categories are a useful place to start for building good hygiene habits.

ASAP

Shower hygiene

You should also **wash your hair** at least twice a week. Shampooing your hair and scalp helps remove skin buildup and protects against oily residues that can irritate your skin.

TO DO

Teeth hygiene

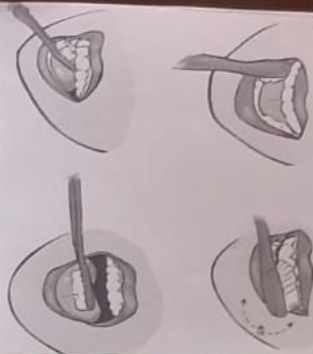
precise dental hygiene is ready more than simply pearly white tooth. being concerned to your tooth and gums **is a clever way to save you gum diseases and cavities.**

Nail hygiene

Trim your nails frequently to keep them quick and clean! Brush under them with a nail brush or washcloth to rinse away buildup, dust, and germs.

Toilet hygiene

Wash your hands after you use the restroom. Scrub with soap for **20 to 30 seconds**, and be sure to **clean between your fingers**, on the back of your hands, and under your nails. Rinse with warm water, and dry with a clean towel.



How to keep your teeth clean

Plaque is a film of bacteria that coats your teeth if you don't brush them properly. It contributes to gum disease and tooth decay.
Tooth brushing stops plaque building up. Try to make sure you brush every

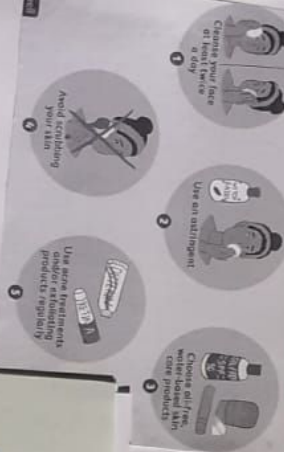
NOTE



BRUSHING
TEETH
SKIN
HYGIENE
HAND
WASHING

YOU'RE VIOLATING
LIKE,
A MILLION HEALTH CODES
RIGHT NOW.
:)

Tips for Treating Acne and Oily Skin



NOTE

Well, I am not a skin model, but...

HOW TO WASH YOUR HANDS PROPERLY



Key terms to Wash Hands

... and skin awareness

NOTE



1 Ways to keep your teeth healthy.

Don't go to bed without brushing your teeth

Brush properly

Don't neglect your tongue

Use a fluoride toothpaste

Smear flossing as important as brushing

Don't eat flossing

Disinfection step is

Consider mouthwash

Drink more water

Eat sweet fruits and vegetables

Limit sugary and acidic foods

Visit dentist at least once a year

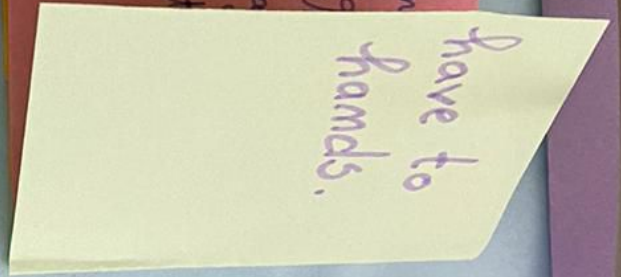
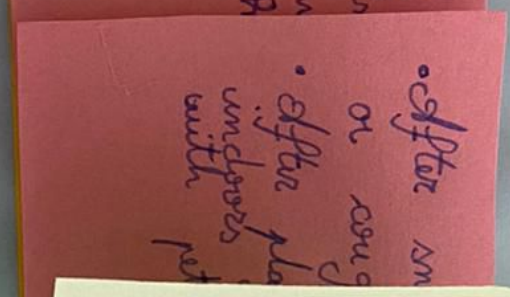
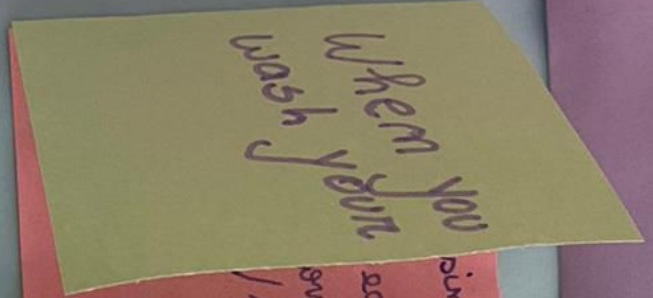


When you wash your hands

after swimming / after eating

• after playing with dogs / after using the toilet

have to wash hands.



Shampoo



7 Ways to keep your nails healthy

1. Keep nails dry and trim them often

2. Avoid biting or chewing on nails

3. Beam any glossing to before use

4. Avoid cutting or soaks the nails

5. Soak the nails

6. Never use a nail file

7. Sterilize nail tools before use



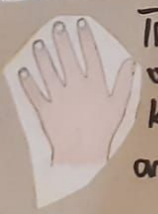
HANDWASHING
Always wash your hands with soap and water before eating, after playing outside, after going to the bathroom and after coughing or sneezing.



Brush teeth twice a day!



I comb my hair and keep my hair clean!



Trim nails weekly. Keep nails neat and clean!

WASH YOUR HANDS

- After going to toilet
- Before and after eating
- Playing with animals

wash face

BODY
Take a bath or shower once a day. Wash your hair well.

CLOTHING
Wear fresh clothes every day, even if your old clothes don't smell. Clean underwear is especially important.

As toenails grow, trim them once a week. Trimming and cleaning under the nails.

Wash your hands after you have blown your nose.

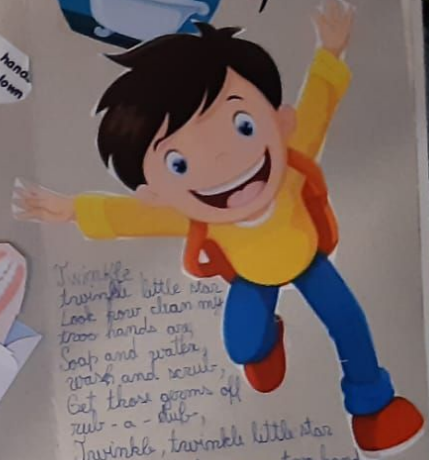
Brush your teeth every morning and night.

Brush teeth every morning and night to keep them bright!

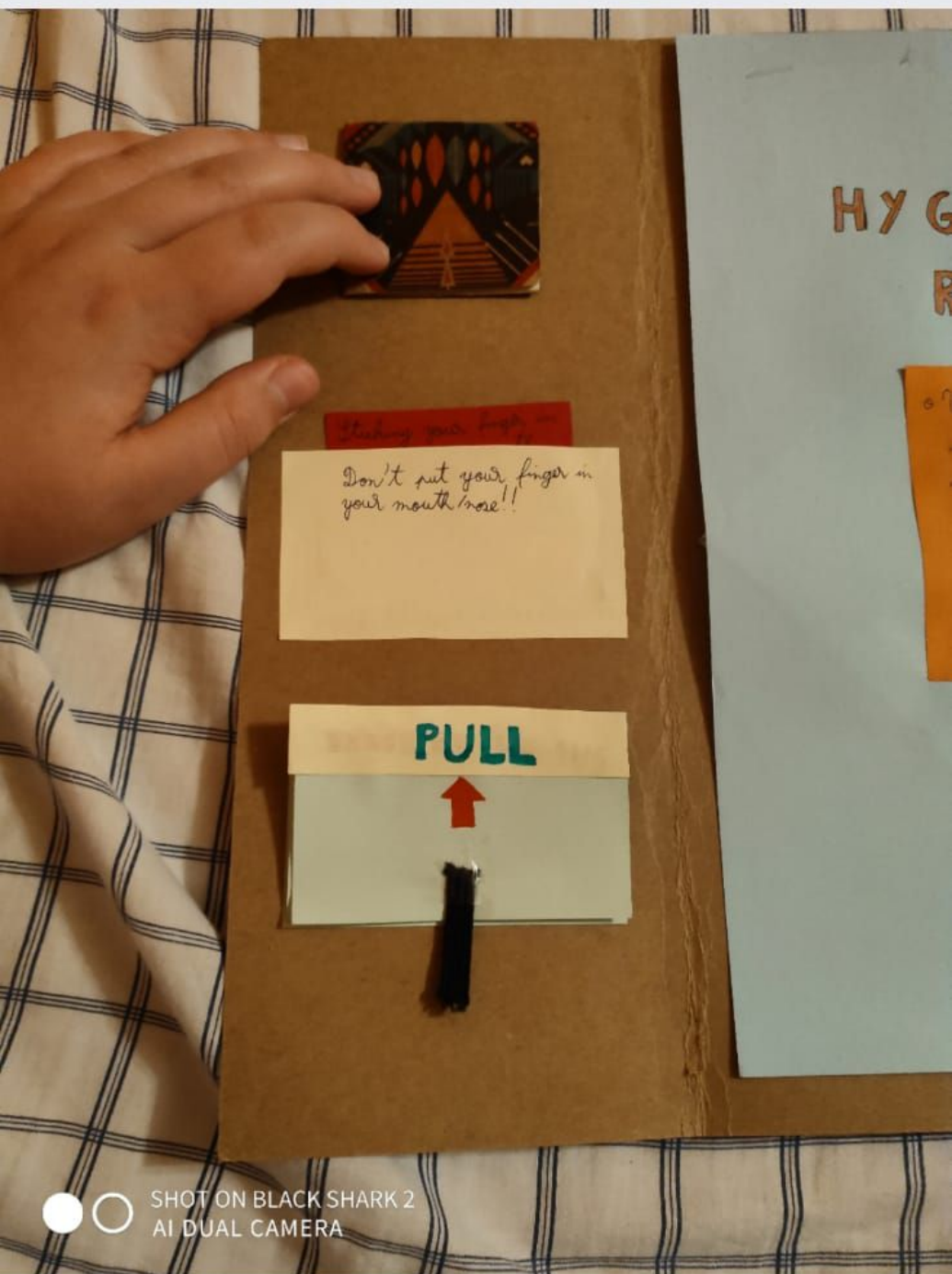
Wash your hands after you have been to the toilet.



Take a bath or shower once a day.



Twinkle, twinkle little star
Look how clean my two hands are.
Soap and water, wash and scrub,
Get those germs off you - a - dub -
Twinkle, twinkle little star
Look how clean my two hands are.



MASK RULES

- WEAR IT ON YOUR FACE.
- MAKE SURE IT COVERS YOUR MOUTH AND NOSE.
- DON'T BE SILLY WITH YOUR MASK.
- KEEP YOUR MASK CLEAN.
- DON'T SHARE OR TRADE MASKS.
- BRING YOUR MASK EVERYDAY.



Hair

Wash your hair often. Keep it neat by styling and brushing.



Exercise

Play outside as much as possible. Don't sit and play on the computer or watch TV too often.



Hygiene

Bath or shower and change underwear daily. Wash hands after visiting the toilet and before eating.



Nails

Trim nails weekly. Keep nails short and clean.



WASH YOUR HANDS!

EAT HEALTHY!

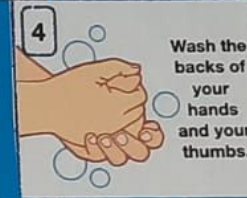
Mens sana in corpore sano!

HYGIENE



BRUSH YOUR TEETH!

WEAR A MASK!



Wash away the soap.



Dry your hands.

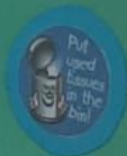




- clean teeth and gums prevent cavities and bad breath. It is important for children to learn to brush their teeth properly since they have their baby teeth, because this way they prepare for the period in which they will have permanent teeth.
- brush your teeth twice a day (morning and evening)



• Choose a fluoride toothpaste.
 • Make sure you spit out all the tooth paste after brushing.
 • If you don't like the taste of a toothpaste, choose another one.



...ne are medical studies
 show that if everyone
 washes their hands more
 often there would be
 a level globally, far
 fewer illnesses and deaths.

...to make your children
 interested with soup and
 ...
 ...him choose his favorite

...doesn't reach the sink
 ...can use an elevator, but
 ...ke sure it seems flow to
 ...en and off it.

...courage the child to
 ...his hands properly



My Day


WASH YOUR HANDS

1. TURN ON WATER
2. WET YOUR HANDS
3. APPLY SOAP
4. RUB YOUR HANDS TOGETHER
5. RUB PALM TO PALM
6. RUB BACK OF HAND TO PALM OF OTHER HAND
7. RUB FINGER TO PALM OF OTHER HAND
8. RUB THUMB TO PALM OF OTHER HAND
9. RINSE YOUR HANDS
10. DRY YOUR HANDS

Personal
 Hygiene
 Poster

Personal
 Hygiene
 Poster



WASH YOUR HANDS
WITH SOAP
FOR 20 SECONDS
EVERY TIME

WASH YOUR HANDS
WITH SOAP
FOR 20 SECONDS
EVERY TIME

WASH OUR FEET
WASH OUR FEET
WASH OUR FEET

WASH YOUR HANDS
WITH SOAP
FOR 20 SECONDS
EVERY TIME

HOW OFTEN
DO WE
WASH OUR
LEGS?

WASH YOUR HANDS
WITH SOAP
FOR 20 SECONDS
EVERY TIME

BASIC RULES
OF ORAL
HYGIENE

CORODEANU ALEXIA
BARDAS MARIA ALEXANDRA

TAKE CARE OF YOU!!

TOOTH
HYGIENE

HAIR
HYGIENE

HAND
HYGIENE