

Hygiene Flyer - Busabala

Why Personal Hygiene is Important

Good hygiene prevents illness, boosts confidence, and creates a cleaner, healthier community. It helps stop the spread of diseases such as cholera, typhoid, and diarrhea.

Key Hygiene Practices

1. Hand Washing:

- Wash hands with soap before eating, after using the toilet, and after handling dirty items.

2. Bathing:

- Bathe daily to remove sweat and germs.

3. Oral Care:

- Brush teeth at least twice a day.

4. Clean Clothes:

- Wear and wash clean clothes regularly.

5. Nail & Hair Care:

- Keep nails short and clean. Maintain neat and clean hair.

Toilet and Sanitation Tips

- Always use a clean toilet or latrine.
- Flush or cover waste after use.
- Wash hands thoroughly after using the toilet.

Safe Water Practices

- Boil or treat water before drinking.
- Store water in clean, covered containers.
- Avoid drinking from open or dirty sources.

Be a Hygiene Champion

Promote hygiene practices in your home and community. Teach children and peers the importance of staying clean and healthy.

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Clean People, Healthy Busabala

Together, let's reduce disease and live healthier by keeping ourselves and our environment clean!