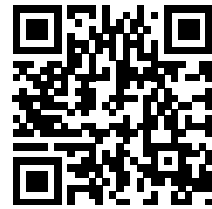


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The Importance of Personal Hygiene



Every day, we come into _____ with millions of germs that can make us sick. Washing your hands regularly is one of the most effective _____ to protect yourself from illnesses. Using soap and water, you can remove _____ that cling to your skin. It's not just about your hands, though; keeping your whole _____ clean is crucial. Taking a shower or a bath removes dirt and _____ that can accumulate throughout the day. Don't forget about oral hygiene; brushing your teeth twice a day prevents _____ and keeps your breath fresh. Wearing clean clothes is another key aspect of personal hygiene. Clothes absorb _____, oils, and dead skin cells, which can become a breeding ground for bacteria. In addition to keeping clean, it's important to maintain a healthy _____. Regularly cleaning your living spaces removes dust and _____ that can cause health problems. Personal items like your phone or _____ can also harbor bacteria, so cleaning these items regularly can further reduce your risk of getting sick. Lastly, a balanced diet and staying _____ supports your body's natural ability to fight off infections. By following these simple hygiene practices, you can maintain good _____ and prevent the spread of infections to others around you.

- hydrated
- environment
- ways
- allergens
- body
- germs
- health
- contact
- bacteria
- computer
- cavities
- sweat