

Personal Hygiene Checklist

By Kimberly French

☐ Hand Washing

- ☐ Keep your hands clean and washed throughout the day.
- ☐ Wash your hands regularly, or use an alcohol-based hand sanitizer.
- ☐ Always wash your hands before eating or meal preparation.
- ☐ Make sure your hands are clean when removing or inserting contact lenses.
- ☐ Always wash hand before administering medicine or attending to wounds or an ill person.
- ☐ Wash your hands after handling garbage or other soiled materials.
- ☐ Make sure to wash your hands after blowing your nose, toileting or caring for an injured or sick person.

☐ Mouth Care

- ☐ Brush your teeth daily to prevent cavities, tooth decay and bad breath.
- ☐ Brush with a toothpaste that contains fluoride at least twice a day.
- ☐ Check the toothpaste packaging to see whether the ADA has approved your toothpaste.
- ☐ Use dental floss to remove food and bacteria every time you brush.
- ☐ Replace your toothbrush at least every three to four months.
- ☐ Always thoroughly rinse the toothbrush after use.
- ☐ Never share toothbrushes.

☐ Nail Care

- ☐ Keep your finger nails clean and trimmed.
- ☐ Use a nail brush to gently scrub under the nails each time that you wash your hands.
- ☐ Use an orangewood stick to remove dirt from underneath the nails.
- ☐ Keep the nails neatly cut down and filed.
- ☐ Trim away hangnails as they occur.
- ☐ Always file the nails in one direction.