



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at The Reschini Group



## HYGIENE BASICS

Personal hygiene is an important step in staying healthy. Neglecting your personal hygiene is not only a nuisance to others; it may also cause health problems such as gum disease from not brushing your teeth.

Every external body part requires basic care and grooming on a regular basis to maintain good hygiene and ward off serious infections and diseases. Consider these personal hygiene suggestions for good health:

### Hair Care

- Keep your hair at a manageable length that is easy to maintain and care for.
- Wash your hair at least every other day using shampoo and conditioner.
- Brush your hair three to four times per day with a soft bristle brush or comb.
- Consider washing your brush or comb when you wash your hair.

### General Body Care

- Take a bath or shower once per day, especially if you live in a warmer climate.
- Bathe immediately after engaging in exercise or physical activity.
- Use a mild soap to lather your entire body thoroughly and dry yourself with a clean towel when done.
- Put on clean clothes once you finish bathing.
- People who menstruate should change tampons and pads when on their period as suggested by manufacturers to avoid odors and infections.

### Oral Care

- Brush your teeth for at least two minutes in the morning, in the evening, and after eating a meal. Some electric toothbrushes will time your brushing for you, making it even easier.
- Pay particular attention to the crevices between your teeth, your molars, and even your tongue while brushing.
- Floss your teeth daily.
- Use mouthwash to ensure fresh breath after brushing.

### Hand Care

- Wash your hands thoroughly with soap and water before eating, after using the bathroom, after sneezing or coughing, after changing a diaper, or after handling animals.
- Dry your hands thoroughly with a clean towel after washing.
- Keep your fingernails at a manageable length by cutting or filing them often.

### Foot Care

- Wear clean, cotton socks daily and consider placing fresh-smelling powder in your shoes to suppress odors.