Stay Clean.. Stay Healthy!

Personal Hygiene

- Brush your teeth daily
- Cut your nails regularly
- Keep your hair clean
- Wash your hands properly and keep them clean
- Take bath daily
- Wash your clothes regularly
Stay Clean.. Stay Healthy!

How to wash your hands properly

Step 1
Step 2
Step 3
Step 4
Step 5
Step 6
Step 7

How to brush your teeth