BestLife guides

This book is part of a series of Easy Read Information guides from People First.

They are designed to help you to be informed, so that you can live your Best Life.

Look out for our other guides.

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BestLife guides

Being Clean

Your guide to a hygienic life

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Being Clean

This is what people call hygiene.

Being clean is about washing our hands and bodies.

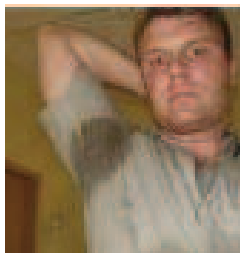
Brushing our teeth.

Keeping our clothes clean.

Keeping our house clean.

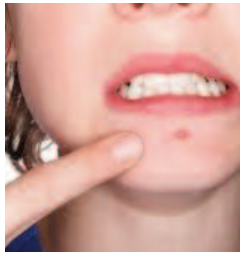
Looking after how we look.

Why is being clean important?



We need to clean our bodies because our bodies sweat. As the day goes on sweat can make us smelly.

If we don't wash our hands properly germs can go from our hands to our mouth and give us an upset stomach.



If we don't wash our faces we can get spots.

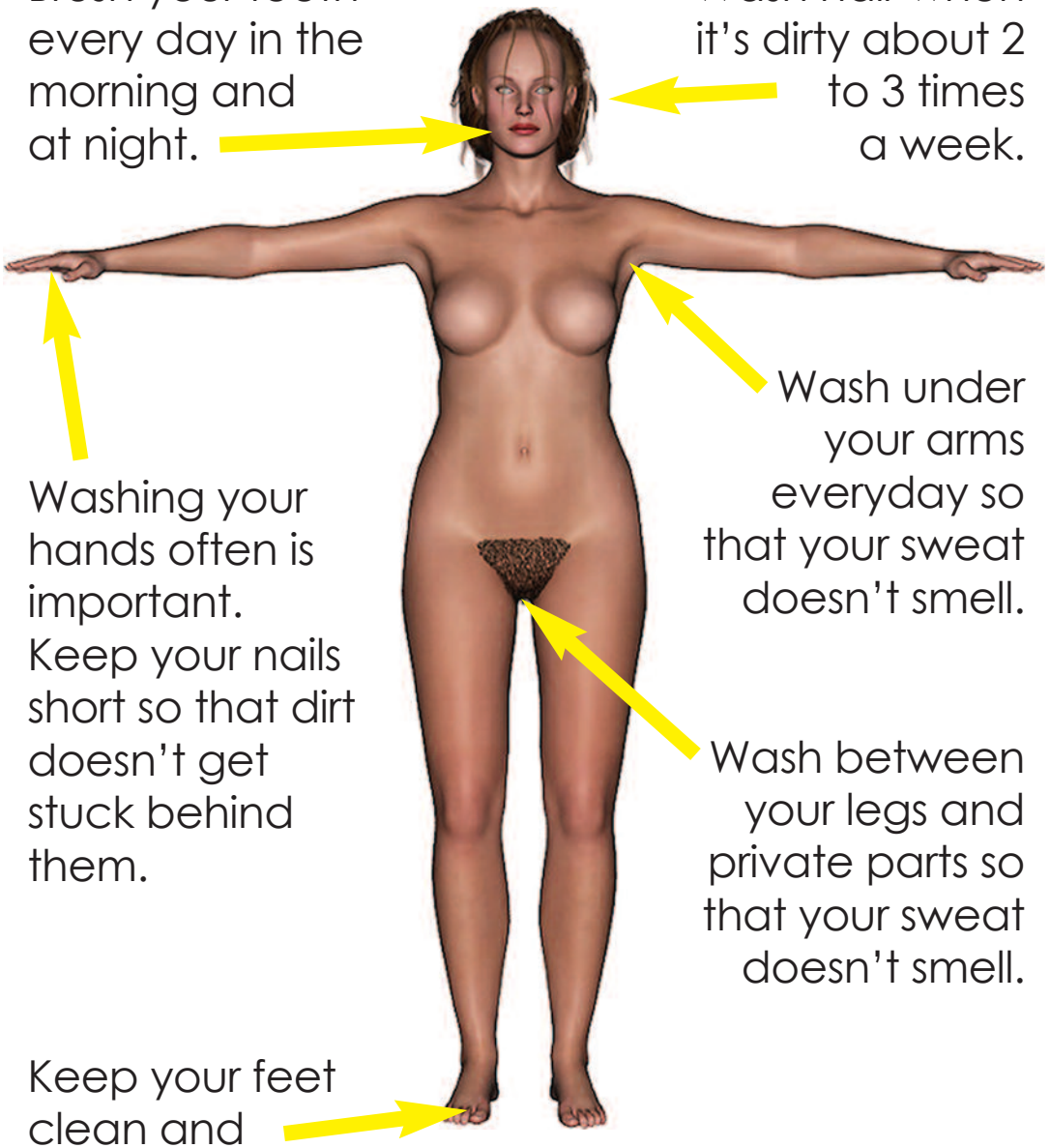
If we don't brush our teeth we get bad teeth and gums and bad breath.

If we don't keep our houses clean germs can spread and they can make us ill.

Body Hygiene

Brush your teeth every day in the morning and at night.

Wash hair when it's dirty about 2 to 3 times a week.



Washing your hands often is important. Keep your nails short so that dirt doesn't get stuck behind them.

Wash under your arms everyday so that your sweat doesn't smell.

Wash between your legs and private parts so that your sweat doesn't smell.

Keep your feet clean and cut toe nails.

What to use to be clean

Shampoo - To clean hair

Soap or shower gel to wash our bodies

Toothpaste - To clean our teeth

Deodorant - To spray or roll on under our arms to stop them from smelling

A razor to shave off unwanted hair

Wearing clean clothes

We should was our clothes regularly in the washing machine.

Clothes should be washed with either washing powder or liquid.

When putting new clothes on, we should check that they don't smell.

That they are not dirty and have no stains on them.

Personal Appearance - this means what we look like.

It is important to make sure we look nice and tidy everyday before we go out of the house.

Have we washed?

Did we need to shave?

Have we brushed our teeth?

Is our hair clean and tidy?

Are we wearing clean and tidy clothes?