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Keep Clean

A look at Hygiene

By: Katie Bagley

Adapted from the original text, *Keep Clean: A look at Hygiene*, by Katie Bagley
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Adapted from the original text, Keep Clean: A look at Hygiene, by Katie Bagley
Good hygiene is keeping clean.

You keep clean by washing your body and wearing clean clothes.

Good hygiene helps keep you healthy.

Adapted from the original text, Keep Clean: A Look at Hygiene, by Katie Bagley
Germs make you sick.

Germs live everywhere.

Some germs live inside your body.

Keeping clean helps protect you.

Adapted from the original text, *Keep Clean: A Look at Hygiene*, by Katie Bagley
Wash your hands with soap and water to clean germs away.

Wash your hands after you use the bathroom or blow your nose.

Wash your hands before you eat.
Keep clean when you are sick.

Throw out dirty tissues so you do not give germs to other people.

Cover your mouth when you sneeze or cough.

Wash your hands when you are sick.

Adapted from the original text, Keep Clean: A look at Hygiene, by Katie Bagley
Keeping your body clean helps you smell good.

Take a shower or bath once a day.

Washing your body with soap and water removes dirt and sweat.

Adapted from the original text, Keep Clean: A look at Hygiene, by Katie Bagley
Keep your hair clean. Washing your hair with shampoo helps wash away dirt.
Clothes get dirty when you wear them.

Wash your clothes.

Wearing clean clothes helps you smell good.

Wearing clean clothes help you feel good about yourself.

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