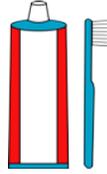


5. TAKE CARE OF YOUR TEETH

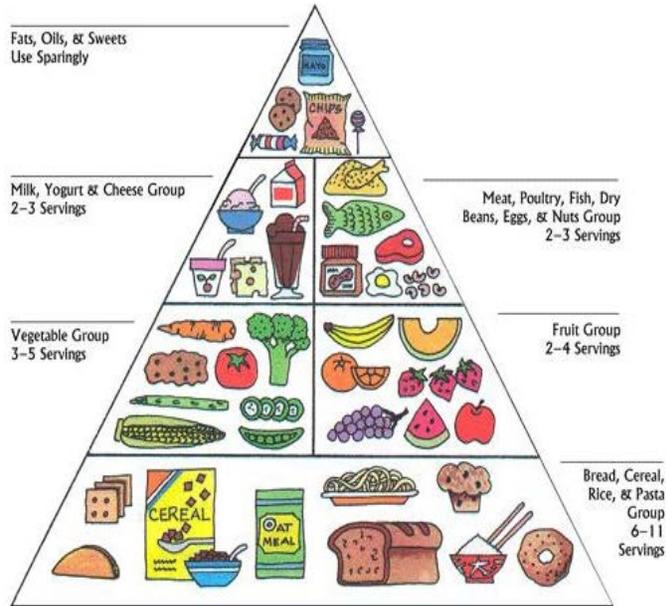
- Brushing removes food and plaque. Plaque is the sticky film of bacteria that is the main cause of tooth decay and gum disease.
- Brush at least twice a day; in the morning and before bedtime. Use a fluoride toothpaste.
- Floss daily to remove plaque in places a toothbrush can't reach easily; under the gums and between the teeth.
- See your dentist every six months for a general check-up and cleaning.



GOOD NUTRITION, PHYSICAL ACTIVITY, AND REST HELPS YOUR BODY STAY HEALTHY

GOOD NUTRITION

- Follow the Food Guide Pyramid Guidelines to help you get all the foods you need to stay healthy.



PHYSICAL ACTIVITY AND REST

- Walk, ride a bike, or do some other type of activity for 1 hour daily! This will help reduce stress, increase your energy, and help you sleep.
- Get 8 to 10 hours of sleep every night.

Stay Clean Stay Healthy



You can help your family stay healthy and get sick less often by:

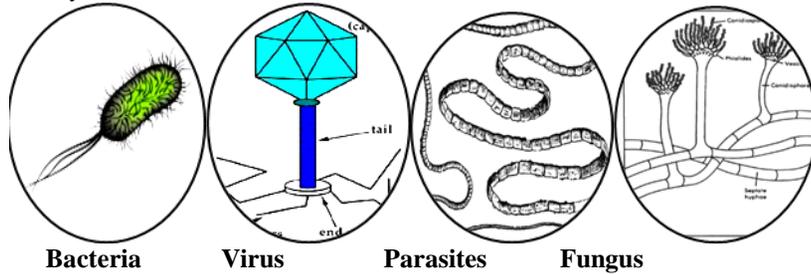
- Washing and grooming.
- Eating a variety of foods.
- Being active and getting rest.

STAY CLEAN – STAY HEALTHY

Germs can make you and your family sick. There are many things you can do to stop the spread of germs.

WHAT ARE GERMS?

Germs may be:



Germs are everywhere. They are in the air we breathe and the water we drink. They are in our food and they are all over everything we touch. You can't see them unless you use a microscope.

Not all of these germs are harmful. However, there are times when germs can make us sick.

Germs cause sicknesses such as colds and the flu!

5 WAYS YOU CAN KEEP GERMS FROM SPREADING

1. WASH HANDS OFTEN

Hand washing is the best way to stop germs from spreading and making you or many people in your family sick!

HOW?

- Use soap and running water.
- Rub your hands thoroughly with suds.
- Wash the back of hands, wrists, between fingers, and under fingernails.
- Rinse hands well with running water.
- Dry hands on a clean towel.

WHEN?

- Before eating or preparing food.
- After going to the restroom.
- After diapering a child.
- After wiping your nose, sneezing, or coughing.
- After cleaning up messes or taking out the garbage.
- After touching anything that might contaminate your hands.



2. BATHE OFTEN SKIN

- Bathing needs vary, but most people should start each day or every other day with a shower or bath. It makes you feel good. It also helps to protect your skin from infectious diseases.
- Dry yourself carefully in places where bacteria might grow, like between the toes and under the armpits.
- Wash your face daily to prevent germs from growing in your pores which produce blemishes.



HAIR

- Wash your hair as often as it takes to keep it shiny and clean, at least four times a week.
- If you have dandruff, use a medicated shampoo.
- Never share brushes, combs, or other hair accessories! This helps prevent the spread of head lice.

3. USE A DEODORANT OR ANTIPERSPIRANT

- Use a deodorant to stop odor-causing bacteria.
- Use an antiperspirant that will block sweat glands if you want to reduce wetness.

4. KEEP LINENS AND UNDERWEAR CLEAN

- Wear clean clothes daily; especially underwear.
- Towels and bedding should be washed at least once a week.

If you can smell yourself,



others have been able to for a while.