

Personal Hygiene Checklist

Name: _____ Sex: _____ Date: _____

Instructions

To fill out this checklist, review each item and mark it with a check (✓) when you have completed the corresponding personal hygiene practice.

Daily personal hygiene practices

- Take a bath or shower daily or as needed.
- Wash your face with a gentle cleanser in the morning and evening.
- Brush your teeth at least twice daily (morning and before bedtime).
- Floss your teeth daily to remove food particles and plaque.
- Use mouthwash to freshen your breath and kill bacteria.
- Clean your tongue using a tongue scraper or soft toothbrush.
- Wash and sanitize your hands frequently, especially before eating and after using the restroom.
- Use hand sanitizer if soap and water are not readily available.
- Trim your fingernails and toenails regularly to prevent dirt buildup.
- Moisturize your skin after bathing to keep it hydrated.

Body odor and sweat management

- Apply deodorant or antiperspirant to control body odor and sweating.
- Wear clean and breathable clothing, especially in hot weather or during physical activity.
- Change into fresh clothes daily or whenever they become sweaty or soiled.
- Use talcum powder or cornstarch in areas prone to sweat to keep them dry.

Oral hygiene

- Visit the dentist for regular check-ups and cleanings (every six months or as recommended).
- Replace your toothbrush every three to four months or sooner if the bristles are frayed.
- Store your toothbrush upright and allow it to air dry between uses.
- Avoid smoking and limit consumption of stain-causing foods and drinks to maintain white teeth.

Intimate hygiene

- Cleanse intimate areas with mild soap and water regularly, especially during bathing.
- Wipe from front to back after using the restroom to prevent the spread of bacteria.
- Avoid using heavily scented products in the genital area, as they can irritate.
- Change menstrual products regularly during periods to avoid infections.

Cough and sneeze etiquette

- Cover your mouth and nose with a tissue or elbow when coughing or sneezing.
- Dispose of used tissues properly and wash your hands afterward.

Foot hygiene

- Wash your feet daily with soap and water, especially before bedtime.
- Dry your feet thoroughly, including between your toes, to prevent fungal infections.
- Wear clean socks daily and change them if they become damp.
- Rotate your shoes to allow them to dry fully between wears.

Sharing and cleaning personal items

- Avoid sharing personal items like towels, razors, toothbrushes, etc., with others.
- Clean and disinfect frequently touched items like your phone, keys, and doorknobs.

Bedding and linens

- Change and wash your bed sheets, pillowcases, and towels regularly.
- Wash bedding and linens in hot water to kill germs and allergens effectively.

Remember, following this Personal Hygiene Checklist will help you feel fresh and clean and contribute to better overall health and well-being. Establishing these habits as part of your daily routine for optimal hygiene and disease prevention is important.