

Hygiene From Head to Toe

Northwestern Medicine Valley West Hospital
Northwestern Medicine Kishwaukee Hospital
Community Health Services



Welcome

Welcome to the Northwestern Medicine Valley West Hospital and Northwestern Medicine Kishwaukee Hospital Community Health Services program, Hygiene From Head to Toe. Use this instructor booklet to lead your group's discussion.

Throughout the booklet, you will see text in a **purple box**. Read this out loud to your group.

When you see text in **orange**, that is an action for you or the class to do.

We applaud your commitment to health and wellness education. If you have any questions about this program or other Northwestern Medicine Community Health Services programs, please contact 815.981.7210.

Introduction

To get started, say:

Habits such as washing your hands, bathing, brushing your teeth and flossing may all seem boring, but they are all important for your personal hygiene. They make you feel good about yourself and keep you free of bacteria, viruses and illnesses.



Clean bodies

Let's talk about ways to keep our bodies clean.

Shower/bath

- The only way to get your whole body clean is to shower or take a bath.
- Bathe daily or at least every other day.
- Bathe if you are visibly dirty or very sweaty. Schedule can vary based on your daily activities. (If you're at home, inside all day, you may not need to shower. If you're running around at recess or in P.E. class, you need to shower.)
- Use soap and friction to get clean – just standing in the water isn't enough.

Have the kids rub their hands together to produce friction.

Deodorant/antiperspirant

body starts to change, you will start to need it. Some of you may already use it, and some of you might need to by the end of the year. If your armpits have an odor, it's time.

- Deodorant kills bacteria.
- Antiperspirant helps you sweat less.
- Wash first, dry off, and then use deodorant.
- Deodorant needs to be used on a clean body: It doesn't take the place of a shower.

- These products don't remove germs and bacteria.
- If you try to just cover them up, the smell will be worse.

Clean clothes and undergarments

Is it OK for me to wear my favorite T-shirt for three days in a row without washing?

Let students answer and discuss, and then explain:

- Germs live on our clothes.
- They like dark, warm, moist places where they can grow and multiply.
- The more germs grow, the more stinky they are.
- Clothes should be washed before you wear them again.
- Underwear and socks are close to your body and clothes, so it's important to wear clean ones every day.

Where do we put dirty clothes so Mom or Dad knows they're dirty?

Let students answer and discuss. Explain that they are old enough to put their dirty clothes where they belong so they get washed.

Hands

Let students answer the following questions.

What are viruses and bacteria?

Fancy names for germs.

We all have germs inside of our bodies, but when we cough or sneeze in our hands, where are our germs?

On our hands.

If I cough or sneeze on my hands, and go touch the door handle, where are my germs now?

On the door handle.

And if my friend touches that door handle after me, where are my germs?

On your friend's hand.

There are three places on our faces where germs can exit and enter the body. What are those three places?

- Eyes
- Nose
- Mouth

So if my friend who touched the door handle after me touches her eyes, nose or mouth with her hands, would it be possible for my germs to enter her body?

Yes.

If I was sick, would it be possible for her to get sick, too?

Yes.

Explain that when we cough or sneeze, germs enter the air and can get on other people. You can keep them in germ jail by coughing or sneezing into the crook of your elbow. Ask students to practice the proper way to cough.

What can we do, especially during flu/ cold season, to keep our hands clean?

Wash with soap and water for 20 seconds, or about the time it takes to say your ABCs twice.





Feet

Why should you wear socks with your shoes?

The palms of our hands, bottoms of our feet and our armpits are the sweatiest parts of our bodies.

Let students answer and discuss. Then explain:

- Feet are sweaty.
- When we don't wear socks with shoes, the sweat and germs get into your shoes.
- Germs/bacteria grow best where it's dark, warm, and moist.
- This will cause shoes, socks and feet to stink.
- Wash well with soap and water.
- Dry well with a clean towel, including toes and in between toes before putting on socks.
- Use deodorant.

Above the neck care

Face

Why do you think it is important to wash your face every day?

Let students answer and discuss. Then explain:

- Our faces are exposed to dirt and germs all day.
- It is the one part of our body that isn't protected by anything.
- Daily washing will help to clean dirt and germs from the skin.

Acne

Acne is another name for pimples or zits. It's not good character or respectful to make fun of people who have acne. People often can't help that they have it, and you may develop it someday, too. About 90% of teenagers – that's 1 in 10 – will develop acne.

Explain:

- As you get older, your bodies change.
- All bodies change on their own schedule; no two people are the same.
- Acne is nothing to be embarrassed about.
- You should never make fun of someone for having acne.

- If you have acne and it makes you feel sad or embarrassed, talk with your parents or another trusted adult.

Does anyone know the name of a doctor who specializes in skin care?

Let students answer and discuss. Then explain:

- A dermatologist specializes in skin care.
- This specialist might write a prescription for acne medication.
- You can also buy products for acne treatment without a prescription.

Hair care

Let students answer and discuss before explaining.

What should you do every day or every other day to help control oily hair?

- Dirty hair looks greasy and smells bad.
- Dirty hair could increase acne on your forehead.

Does everyone know what head lice is?

Little bugs that can live on your scalp.

Raise your hand if you think this is a true statement: Lice can only happen to people who are dirty or don't wash their hair.

- This is false. Anyone can have lice, even people with clean hair.
- Getting lice doesn't mean you're not clean.
- If your head is ever really itchy, talk to a trusted adult or school nurse.
- Lice spreads through head-to-head contact, and sharing things like hats, combs and brushes.

What are some other things you shouldn't share because of germs and bacteria?

- Lip products, such as lip balm.
- Makeup and makeup brushes.

Ears

What is the best way to clean your ears?

Wait for a student to guess Q-Tips.

Good guess, probably because that is what you have always seen adults do. But you shouldn't stick anything smaller than the end of your finger (hold up pinky) in your ear.

Explain:

- If you use a Q-Tip, you can hurt the small tiny bones inside your ear.
- The box of Q-Tips says not to use them inside the ear canal.
- Wash with soap and water in the shower or bath.
- Wrap your towel around your finger and wipe the inside of the ear.

Oral hygiene

Let students answer and discuss before explaining.

What kind of environment do germs and bacteria like?

Dark, warm, and moist.

Are our mouths dark, warm and moist environments?

Yes.

Does that mean that germs live in my mouth?

Yes.

What can we do to clean our mouths?

Brush and floss.

Brushing and flossing

How often and for how long do we need to brush our teeth every day?

Twice a day for two minutes each time.

How often do we need to floss?

Once a day, either morning or night.

What kind of doctor checks our teeth to make sure they're healthy?

A dentist.

How often should we see the dentist?

Every six months.

It's not normal for teeth or gums to be hurting. That could be a sign that something is wrong. If your teeth or gums are ever hurting, tell a trusted adult.

Poor oral hygiene

What happens if you don't take care of your teeth?

- Cavities, and rotting teeth.
- Loss of permanent teeth.
- Problems with your gums.

How would your life be different if you didn't have any teeth?

- It would be hard to eat.
- Your smile would be different.
- It would be hard to talk.



Protecting your teeth

What are some other things we can do to keep our teeth healthy? Think about choices we make every day.

- Choose healthy food and drinks.
- Don't eat a lot of sugary snacks (candy, cakes, gummy things like fruit snacks) or drinks (soda, sports drinks); they contribute to tooth decay.
- Junk food won't help you grow big and strong, either.

How can we protect our teeth when we are playing sports?

- Wear a mouth guard.
- Teeth can be knocked out during contact sports (like basketball, football, and wrestling).
- Teeth can get permanently bruised and turn gray.

Physical activity

Let students answer and discuss before explaining.

Another part of being healthy is staying physically active. Not only is it good for your body, but it also makes you feel good. How often do you think you should be physically active?

One hour every day.

What are some things that you do to be physically active? (Remember, it doesn't have to be an organized sport or activity.)

- Walking, including walking a pet
- Running/jogging
- Bicycling
- Playing sports
- Swimming
- Doing yard work

Let's move!

Instruct students to do stationary movements for two to three minutes:

- 10 jumping jacks
- 10 push-ups
- 10 sit-ups
- 10-second run in place
- 5 burpees
- 10 lunges
- 10 squats



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