

Hygiene Chart



Brush your
teeth in the
morning
and at night.



Flush the
toilet after
using it.



Cover your
mouth and
nose when
you sneeze.



Comb your
hair every
day.



Take a bath
every day.
It keeps
you clean.



Throw
rubbish
in the bin.



Cut your
nails
regularly.



Wash your
hands before
eating.