

Personal Hygiene: Health and Routine

Whether you like it or not, your appearance sends messages to other people about what kind of person you are. An employer is much more likely to hire someone who dresses well, has few (if any) piercings, no tattoos, and looks and smells clean. In the same way, you are much more likely to be taken seriously if people see that you take care of your appearance and your clothing. Here are some tips to do just that.

PERSONAL HYGIENE AND YOUR HEALTH



Why should it matter whether you brushed your teeth or not? Well for one thing dirt and bad smells don't make friends, and for another it's important to your health to keep up a regular personal hygiene routine.

Here are some things that could happen to your body if you don't take care of it:

HAIR

- Will become greasy and its growth will be stunted if not washed regularly
- Will become brittle and frail if not cut every 6-10 weeks (depending on your length)
- Will cause you to be mistaken for a woolly mammoth or yeti if not shaved regularly

TEETH

- Will develop tooth decay, gum and mouth diseases and bad breath if not brushed or flossed regularly
- Will collect harmful bacteria and infections along with tartar build-up and tooth decay without regular trips to the dentist

SKIN

- Won't be able to rejuvenate itself if not cleaned on a daily/weekly basis
- Will develop pimples and wrinkles because of clogged pores if not cleaned every day
- Will develop strong and unpleasant smells

HANDS

- Will collect lots of harmful bacteria and diseases from what you've touched through the day if not cleaned before meals, after bathroom use, and before and after food preparation
- Will develop hang nails and nail infections if fingernails are not clipped. (That goes for toenails too)

HYGIENE ROUTINE

DAILY

- Brush teeth and floss (2x daily)
- Wash hands (after bathroom use, after sneezing or coughing, before eating, and before and after preparing meals)
- Wash face (to prevent acne)
- Put on clean socks and underwear

DAILY/EVERY OTHER DAY

- Shampoo and condition hair
- Wash body

AS NEEDED

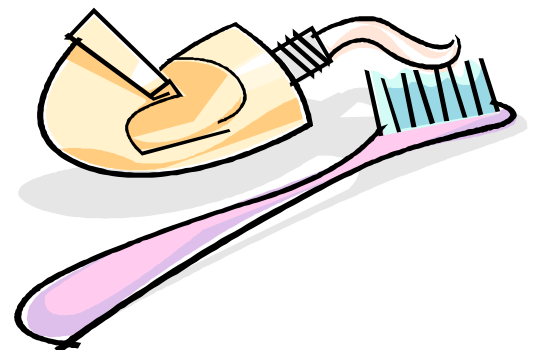
- Clip finger and toe nails
- Shave face/armpits/legs
- Use deodorant/antiperspirant

EVERY 6-10 Weeks

- Make appointment to get haircut

EVERY 6 MONTHS

- Make dentist appointment



Personal Hygiene: Care of Clothes

BUYING CLOTHES

Your clothes should say something about you– they should reflect your personality in the best way possible. But they should also be appropriate for the weather, the occasion and in good repair. Buying clothes on a budget can also be tricky when stores at the mall charge you an arm and a leg for a pair of jeans. Keep these tips in mind and you'll be able to make your money go farther where your clothes are concerned.

Check all the clothes you buy for quality. Test the seams to make sure they are strong, make sure zippers work, buttons match up, and that there are no holes or rips.

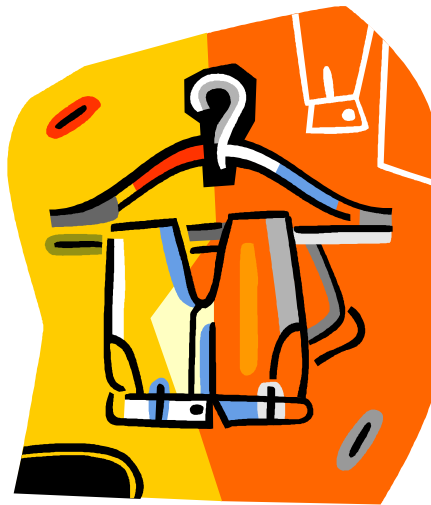
Shop at non-traditional spots like thrift stores, garage sales, outlet stores, resale stores, consignment shops, rummage sales etc.. You never know what treasures you'll find in unusual places.

Inspect clothes you buy at thrift stores especially carefully. Check for any rips, stains (especially under the arms and around the neck), or odours.

Buy pieces of clothing that can be worn during most seasons of the year.

Be sure to check the store's return policy if you decide later that you don't like an item or if there are problems with it.

Pay close attention to how to wash your new clothes. Some fabrics will take more effort than others (ex. you will need to handwash it/ have it dry cleaned)



Personal Hygiene: All About Laundry

DOING LAUNDRY

Despite how it may look—doing laundry is more complicated than just throwing in your clothes, putting in some detergent and letting the washing machine do it's job. Here are some steps to follow when doing your laundry.

1. Read the label. It will have important information about how to clean the item either written or as a series of symbols. Here are some common ones.
2. Sort items by colour and fabric. Generally you want to wash dark coloured clothing together and light coloured and white clothing together in a separate load. Delicate clothing (anything lacy, loosely knitted or labelled as handwash only) must be washed separately either on a gentle cycle or by hand.
3. Prepare each piece. This means putting delicate pieces in a mesh bag or pillow case, close hooks, zippers and knot drawstrings, empty pockets (pens and tissues make a big mess!), loosely knot belts and strings to prevent tangling, repair holes or tears so they won't rip more.
4. Remove heavy stains. Heavily stained or very dirty pieces will only ruin other clothes—so try and clean them first. (See next page for some tips on removing stains).
5. Wash. Make sure you don't overload the washing machine and that items will be able to move freely to avoid tangles. Use the detergent of your choice (be sure to read the label which will indicate how much to use for what kinds of loads—ie. more detergent for a bigger load). Chose the appropriate water temperature and washing action and set the control dials accordingly. Close the lid and you are good to go!
6. Dry and iron (if needed). Use the appropriate settings for the items, and be sure to clean the lint filter before loading your clothes. Remove clothing from the dryer as soon as it's done to prevent wrinkling. Or you can dry clothes by hanging them up—make sure to straighten them as much as possible to cut ironing time.

Your Guide to Fabric Care Symbols

MACHINE WASH	BLEACH	TUMBLE DRY	DRY	IRON	DRY CLEAN
TEMPERATURE		HEAT SETTING		TEMPERATURE (Dry or Steam)	
Cool/Cold	Any Bleach (when needed)	No Heat	Line Dry/Hang to Dry	Low	Dry Clean
Warm	Only Non-chlorine Bleach (when needed)	Low	Drip Dry	Medium	Do Not Dry Clean
Hot	Do Not Bleach	Medium	Dry Flat	High	
CYCLE		High	Dry in the Shade	OTHER	
Normal		Any Heat	Do Not Dry	No Steam	
Permanent Press		Normal	Do Not Wring	Do Not Iron	
Delicate/Gentle		Permanent Press			
OTHER		Delicate/Gentle			
Do Not Wash		OTHER			
Hand Wash		Do Not Tumble Dry			

Courtesy of:
The Soap and Detergent Association
1500 K Street, NW, Suite 300
Washington, DC 20005
www.cleaning101.com

Developed in cooperation with the
Federal Trade Commission



If you are using a Laundromat, be sure to choose one that is clean and well maintained.

Personal Hygiene: Stain Removal 101

Here are some tips to remove stains:

- Act quickly– stains only get worse with time
- Always blot stains, never wipe.
- Test stain removers on a hidden part of the clothing (in case it doesn't agree with the fabric)
- Take it to a dry cleaner if you can't get it out

STAIN REMOVAL CHART			
STAIN	PROCEDURE	STAIN	PROCEDURE
Asphalt	A	Laquer	C
Beer	E	Lard	A
Berries	E	Linseed Oil	A
Blood	B	Machine Oil	A
Butter	A	Mascara	A
Candle Wax	G	Mayonnaise	B
Candy (Sugar)	D	Mercurochrome	E
Carbon Black	A	Merthiolate	E
Charcoal	A	Milk	B
Cheese	B	Mixed Drinks	E
Chewing Gum	G	Model Cement	L
Chocolate	B	Mustard	E
Coffee	E	Nail Polish	L
Cooking Oil	A	Paint - Latex	A
Crayon	A	Paint - Oil	A
Creme de Menthe	F	Rust	M
Dye - Blue, Black, Green	F	Rubber Cement	A
Dye - Red	E	Shellac	I
Earth	B	Shoe Polish	A
Egg	B	Soft Drinks	E
Excrement	B	Soy Sauce	B
Foundation Make-up	A	Starch	B
Fruit Juice	E	Tar	A
Furniture Polish	A	Tea	E
Furniture Polish with Stain	H	Tomato Sauce	B
Gravy	A	Tooth Paste	B
Hair Oil	A	Typewriter Ribbon	A
Hand Lotion	A	Urine - Dry	J
Ice Cream	B	Urine - Fresh	K
Ink - Ball Point	A	Varnish	C
Ink - Fountain Pen	F	Vaseline	A
Ink - India	A	White Glue	B

Removal Procedure		
If you have a wet / dry vacuum cleaner use it to remove the residue instead of blotting. Rinse thoroughly after each procedure.		
PROCEDURE A Apply Solvent * Blot Detergent + Blot Water Blot	PROCEDURE B Detergent + Blot Ammonia Blot Detergent + Blot White Vinegar Blot Water, blot	PROCEDURE C Apply Mineral Turpentine Blot Detergent + Blot Water Blot
PROCEDURE D Detergent + Blot White Vinegar Detergent + Blot Water Blot	PROCEDURE E Detergent + Blot Ammonia Blot White Vinegar Blot Water Blot	PROCEDURE F Detergent+ Blot White Vinegar Blot Ammonia Blot White Vinegar Blot Water, Blot
PROCEDURE G Freeze with ice cubes Shatter with blunt object Vacuum out chips Apply Solvent* Soak Blot Repeat if necessary	PROCEDURE H Apply Solvent * Soak several minutes Blot Detergent + Blot Water Blot	PROCEDURE I Alcohol Blot Repeat if necessary Note: Pretest for dye bleeding
PROCEDURE J Detergent + Blot White Vinegar Blot Ammonia Blot Detergent + Blot White Vinegar Blot Water, Blot	PROCEDURE K Blot Water Blot Ammonia Blot White Vinegar Blot Water Blot	PROCEDURE L Nail Polish Remover (non-oily if possible) Blot Repeat
		PROCEDURE M Call in a Professional Cleaner

NB: Dry powder cleaners can be used to remove most food or oily stains.

* Solvent is Perchloroethylene (dry cleaning fluid) which can be injurious to health.

+ A suitable detergent would be a very small amount of Sunlight Liquid in water. The solution should feel slightly soapy.



Things To Do

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Parking Lot Issues



Notes



Community Resources

CLOTHING PROGRAMS

Belleville

- Salvation Army 613-968-6834
- Salvation Army Warm Room (Dec-Mar) 613-968-6834
- Salvation Army After Hours 1-866-414-0300
- St. Vincent de Paul 613-966-8005
- Belleville Pregnancy & Family Care Centre 613-969-7866

Centre Hastings

- Centre Hastings People Helping People 613-473-5258
- Salvation Army 613-473-3375
- Salvation Army After Hours 1-866-414-0300
- Thrift Shop 613-473-1421

North Hastings

- New-To-You (minimal cost) 613-332-2229
- Choices Thrift Shop (minimal cost) 613-332-0439
- Word of Life Outreach (minimal cost) 613-338-2121

Quinte West

- Salvation Army Services 613-392-9905
- Salvation Army Thrift Store 613-392-4538
- Salvation Army After Hours 1-866-414-0300



Online Resources

PERSONAL HYGIENE

- <http://kidshealth.org/teen/>
- www.moneyinstructor.com/art/goodhygiene.asp
- www.beinggirl.ca/en_CA/pages/home.php– For Girls
- www.wikihow.com/Have-Good-Hygiene-%28Boys%29– For Guys
- www.classbrain.com/artteenah/publish/article_46.shtml– Skin Care



DOING LAUNDRY

- www.ehow.com/how-to_4845418_learn-do-laundry.html
- www.automaticlaundry.com/laundry.htm

STAIN REMOVAL

- www.stain-removal-101.com
- www.readersdigest.ca/homegarden/cms/xcms/stain-removal-101_213_a.html
- www.inhabitat.com/2010/04/09/green-laundry-101-how-to-get-rid-of-stains/

