

Personal Hygiene Tips For Teens



Skincare:

Keep the skin clean with mild soap or cleansers to reduce the risk of skin problems such as acne and blackheads.

Oral care:

Brush and floss at least twice daily to prevent bad breath and tooth decay.



Bathing:

Bath regularly to avoid developing body odor from sweat glands. In case of profuse sweating, an antiperspirant may help control sweat production.



Toilet hygiene:

Ensure to wipe your genitals after using the toilet and wash them while bathing.



Menstrual hygiene:

Follow the doctor's instructions on the frequency of changing your sanitary napkin or tampons and how to use them correctly.



Clothes and shoes:

Don't wear clothes or shoes with absorbed sweat. Always wear clean ones to prevent smelly feet and body odor.

