



# HOW TO MAINTAIN HYGIENE AT HOME



## **MORNING**

## **DAILY HABITS**



## **NIGHTTIME**

**BRUSH YOUR  
TEETH**

**WASH YOUR HANDS**  
BEFORE MEALS  
AFTER BATHROOM USE  
WHEN YOU CAN!

**WASH YOUR HANDS  
& FACE**

**WASH YOUR  
FACE & SHOWER**

**TIDY UP AFTER MEALS**

**BRUSH YOUR TEETH  
& FLOSS**

**APPLY DEODORANT  
& MOISTURIZER**

**CLEAN YOUR AREA  
IF TIME PERMITS**

**GRAB A SHOWER**

**APPLY CLEAN  
CLOTHING**

**OPEN THE WINDOWS  
LET FRESH AIR IN**

**DECLUTTER YOUR  
SPACE & MIND**

**YOUR READY TO  
FACE THE DAY**

**GET DRESSED FOR BED  
IN CLEAN CLOTHES**

