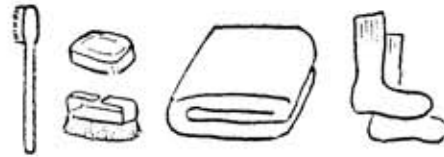


KEEP CLEAN



About being clean -

personal hygiene
food hygiene

by ROSLYN BAND



(formerly known as Elfrida Rathbone Islington)

ACCESS TO HEALTH PROJECT

KEEP CLEAN

by

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HYGIENE

WHAT IS IT ?

- being clean, having clean clothes



WHY IS IT IMPORTANT ?

- because our bodies sweat, especially when we are hot, and sweat makes us smell.
- if we don't wash we get spots and blackheads.
- if we don't clean our teeth, we can get bad breath! and have sore teeth.
- if we don't keep the kitchen clean, food goes bad, and we can get a stomach upset.



BUT WHY ?



It's all to do with BACTERIA.

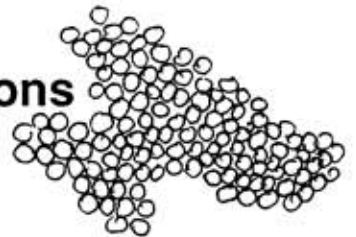
There are millions of BACTERIA in the air around us, on every surface and our bodies!

Bacteria are tiny creatures - you would need a microscope to see them.



Bacteria eat much the same things as us - sweet and fatty things in particular.

They grow quickly and soon turn into millions more.



Some bacteria are harmless to us.



BUT some cause problems - these are the ones which

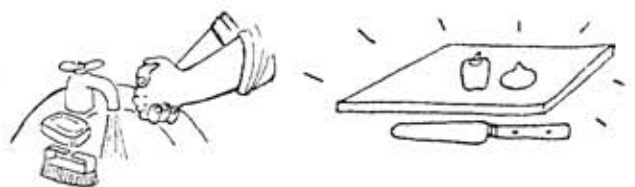


- make food go bad
- give us upset stomachs
- sore teeth and bad breath
- smelly armpits

But we can stop bacteria growing by -



- keeping ourselves clean
- keeping things clean when we handle food.



BODY HYGIENE

HAIR

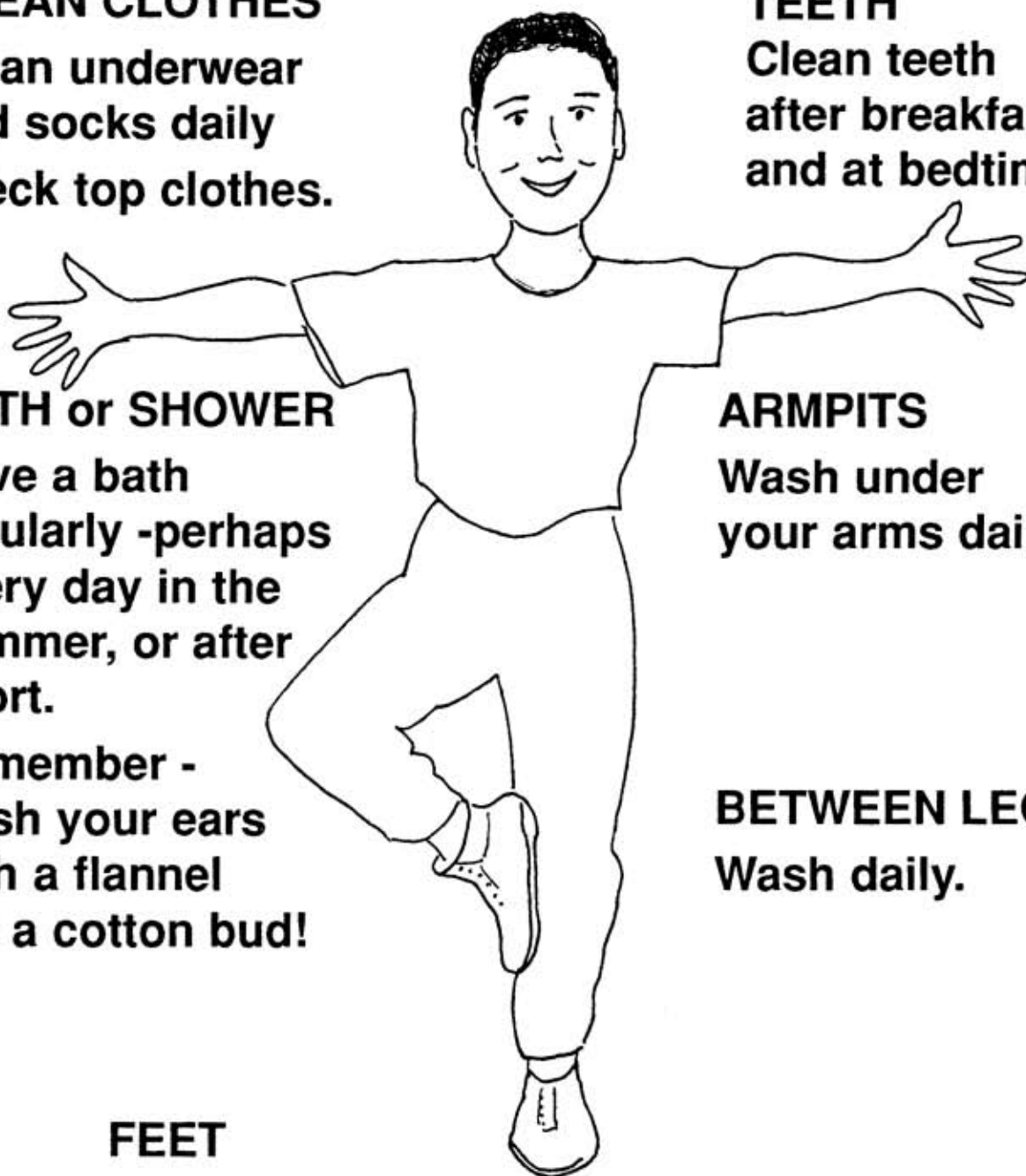
Wash hair when it is dirty
(depends on your hair)
Use the right shampoo

CLEAN CLOTHES

Clean underwear
and socks daily
check top clothes.

TEETH

Clean teeth
after breakfast
and at bedtime.



BATH or SHOWER

Have a bath
regularly -perhaps
every day in the
summer, or after
sport.

Remember -
wash your ears
with a flannel
not a cotton bud!

ARMPITS

Wash under
your arms daily.

BETWEEN LEGS

Wash daily.

FEET

Wash and talc, change socks,
and cut nails when they need it.

FOOD HYGIENE

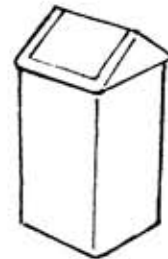
Good habits in the kitchen

1. Clean Hands

Wash your hands before you start cooking.



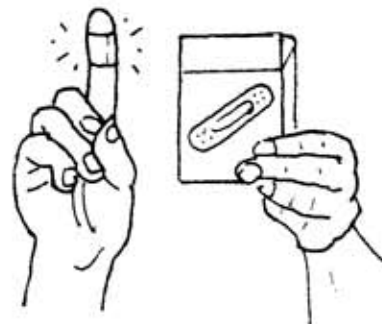
Wash your hands after you touch the bin.



If you go to the toilet wash your hands again.



If you have a cut, put a plaster on it.

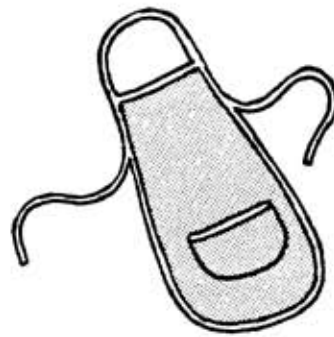


Good habits in the kitchen

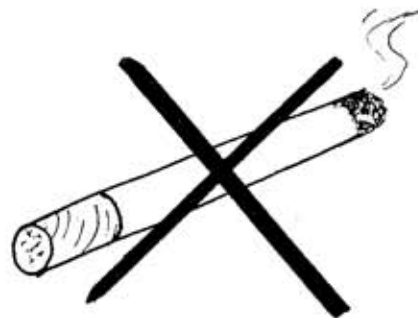
2. Tie long hair back.



3. Clean Apron.



4. No Smoking.



Good habits in the kitchen

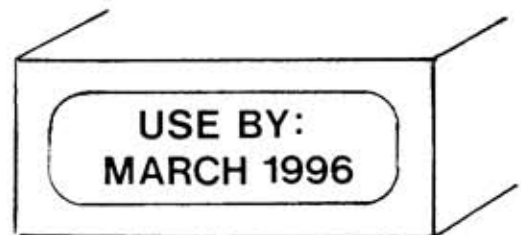
5. Do not taste food with your finger.



6. Do not cough or sneeze over food.

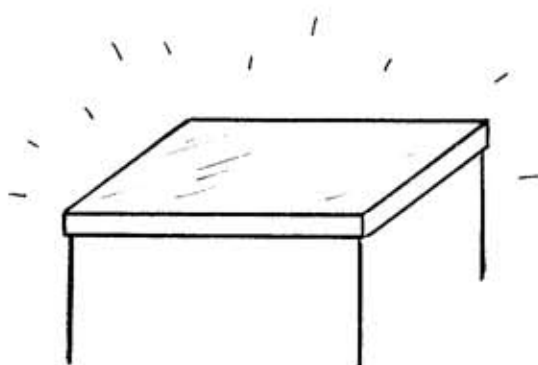


7. Check the 'use by' date on food.

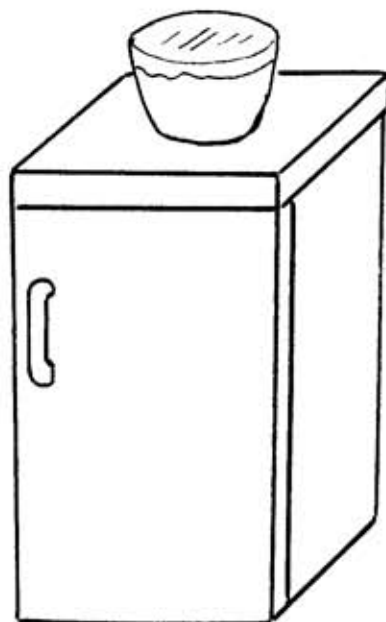


Good habits in the kitchen

8. Wipe the worktop - make sure it is clean before you cook.



9. Cover leftover food, let it cool, then put it in the fridge.



10. Wash up with hot water and washing up liquid.

