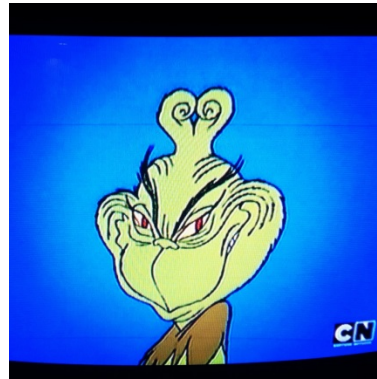


Stink, Stank, Stunk

by Lisa Stern, RN



You're a foul one, Mr. Grinch,
You're a nasty, nasty skunk,
Your heart is full of unwashed socks,
your soul is full of gunk, Mr. Grinch,
The three words that best describe you
are as follows, and I quote,
"Stink, stank, stunk"!

Hygiene

- Behaviors/Actions needed to keep a body clean, socially acceptable and healthy.



How to NOT Stink, Stank, Stunk

1. Skin:
 2. Ears:
 3. Hair:
 4. Teeth:
 5. Clothes:
 6. Hands
- Disease transmission



Stinky Skin:



Sweat and Body Odor

Perspiration, or sweat, comes from **sweat glands** that you've always had in your body. But as you age, these glands become more active. You might notice this odor anywhere on your body, but mostly under your arms in your armpits.

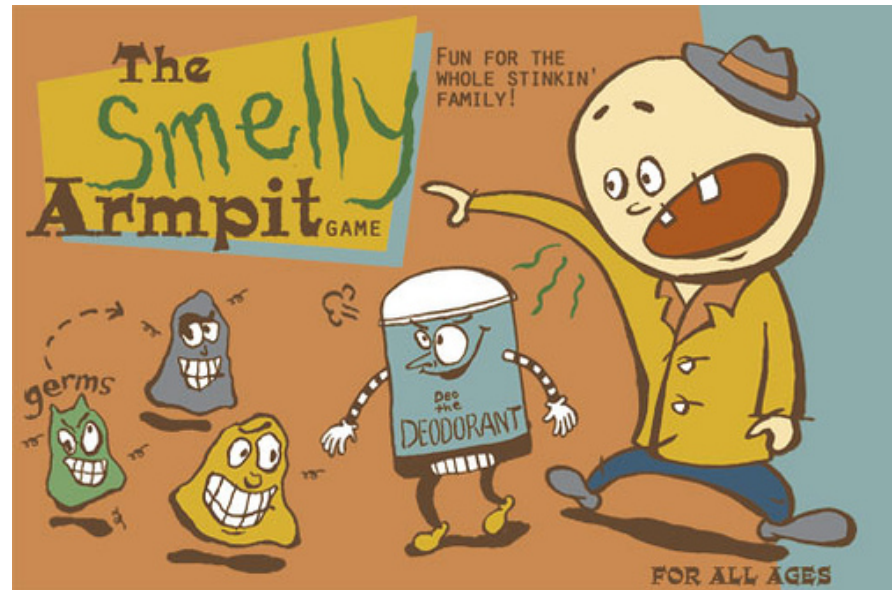
Why does sweat smell?

- We all have bacteria that live on our skin.
- These bacteria love to eat sweat.
- It is the **BY PRODUCT** of these bacteria after they eat the sweat that smells. This can actually be thought of as...

Bacteria Poop!



Don't Stink!

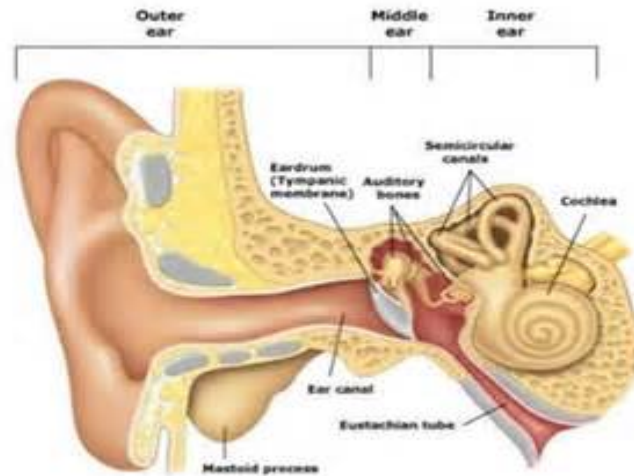


- The best way to keep clean is to **BATHE OR SHOWER EVERY DAY** using a mild soap and warm water. This will help wash away any bacteria that contribute to the smells.
- Use **DEODERANT OR ANTI PERSPIRANT** (or combo product).

Ears

Ears are considered “self-cleaning” but...

- Remember to clean them in the shower with SOAP, WATER, WASH CLOTH (or your hand).
- OK to get ears wet. Tympanic membrane (TM) (ear drum) prevents water from entering your brain.
- Q tips can damage the TM.



Hair



Oily Hair

- The same hormones that create acne may create an over-abundance of oil on the hair.
- Each strand of hair has its own sebaceous (oil) gland.
- As you approach/enter your teens, the sebaceous glands produce extra oil. It can make your hair look too shiny, oily, and greasy.
- **Washing your hair every day or every other day can help control oily hair.**

Teeth



Kiss me?

- Two minutes
- Twice/day
- Aim toothbrush at an angle along gum line
- Brush your tongue
- Use floss for between the teeth
- Mouth wash helps too.
- New toothbrush every 3 months, or anytime after being sick.

Clothes

- Wear clean clothes every day.
- No excuses!
- Jackets and hats need to be washed too.
- If someone in your home smokes, you smell like smoke too.



Appearance - what does your appearance say about you?

Right or wrong, people DO judge a book by its cover.



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Hands

- Hand Washing is the single most important means of preventing the spread of infection.
- Unwashed Hands host millions and millions of bacteria. Some that are always there, and some that we pick up when we touch objects or people.
- Germs hide under fingernails.

Hands/Fingernails

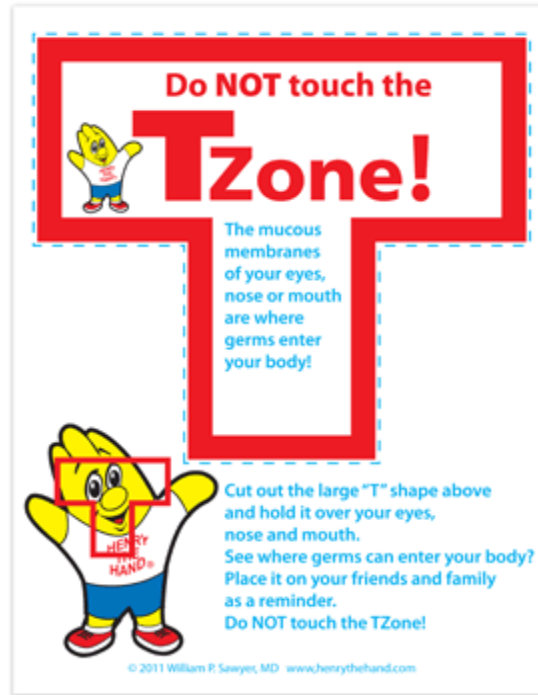
- Use **soap and water** to clean hands.
- The **surfactants** in soap lift soil and microbes from skin.
- Antibacterial soaps are no more effective than plain soap and water for killing disease-causing germs outside of healthcare settings.
- Liquid soap is generally recommended over bar soap for cleaning your hands.
- Use hand sanitizer only when soap/water is not available.
- Actually use the soap, make bubbles, THEN rinse!

Why Wash?

- “Bad” Bacteria, Viruses, Fungus **move from** object to hand, or from a hand to a hand. Then, if the contaminated hand touches a cut on your skin, or a mucous membrane ... you may get ill!
- Common diseases around us all the time:
 - Chicken pox
 - Common cold
 - Conjunctivitis (pink eye)
 - Croup
 - Enterovirus (stomach bug)
 - Fifth Disease
 - Flu
 - Hand Food and Mouth Disease
 - Herpes
 - Impetigo
 - Measles
 - Meningitis
 - MRSA
 - Mumps
 - Ringworm
 - Scabies
 - Scarlet Fever
 - Thrush
 - Whooping cough

Hands off the

T Zone



- Germs can't hurt you unless they get inside of you!
- How do they get inside of you?
- Through mucous membranes, or cuts on skin.
- **DON'T PUT YOUR HANDS IN YOUR EYES, NOSE, OR MOUTH.**

Disease transmission



Bite your fingernails?



Share lip balm?



Share brush, comb, hats?

Ringworm

Lice



Prevent illness- walk around like this everywhere, every day, OR wash your hands.



Make the world a better place!

- Don't stink, stank, stunk!
- Some people have parents, grandparents or another adult who is sure that you have good hygiene
- Some of you might not.
- You are responsible for your hygiene.
- If you have any reasons why you can't be clean- let your teacher, nurse, or principal know.
- We care about you.

