

Fill in the blanks about personal hygiene using the words below.

spreading	shower	bacteria
smell	hands	morning

When you wake up in the , you should brush your teeth, take a , wash your body, and put on clean clothes.

If you don't practise good personal hygiene, then dirt and could build up on your body and cause it to bad, or the skin to become infected and sore.

Keeping your body and clean also helps to stop bacteria and viruses from