

## DAILY HYGIENE

Yep, we are talking “clean” again, but someone has to talk about it. As they say, it’s a dirty job, but someone has to do it.

Now, thankfully you don’t have to have a bath every single day, unless you get into the trash cans like I do sometimes. I can’t help it--I’m a raccoon.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

To earn your Nugget, show good consistent hygiene with appropriate hand washing and dental care for 3 weeks.

But there are a few things we need to do every day, and in fact, some are best done multiple times a day.

- Clean your teeth. Bare minimum twice a day. Some will say after every meal, but at least twice a day. Especially at night, or you’ll have all that nasty stuff eating away at your teeth while you sleep.
- Wash your hands. Before every meal, and any time you handle something that is dirty, and yes, that includes petting animals, too. Don’t forget to wash your hands each time you need to use the bathroom, too.
- If you prepare food, or are involved in anything in the kitchen, that’s another good time to clean your hands.
- Brush your hair. Not only does brushing your hair make you look presentable, it also prevents knots and removes anything that may have gotten stuck in your hair earlier that day.

