

Hygiene

Good Hygiene is important not just for keeping up appearances and not offending others, but because learning lifelong habits of good hygiene will keep you healthy and prevent the spread of common illnesses.



Otter: Do 4 requirements including the 3 starred

_____ 1.* Discuss with a parent or your troop leader what good hygiene means. Why is it important? How does having bad hygiene effect others? How does it effect your health?

_____ 2.* Take care of your teeth. Learn to brush your teeth properly and then brush them twice everyday. If you can squeeze in a third brushing each day that is even better. Learn how to properly floss your teeth and floss at least once everyday.

_____ 3.* Wear clean underwear, socks and other clothes each day.

_____ 4. When you cough or sneeze, do it into your elbow instead of your hand. If you cough into your hand and then shake hands with someone or touch a door knob, you can spread your germs to other people.

_____ 5. Find out from mom what kind of skin you have. If you have dry skin, take a bath every 1-2 days and wash all parts of your body. If you have normal skin or if you have been playing outside or in hot weather, make sure you take a bath everyday.

_____ 6. Learn when you should wash your hands and the proper way to do it. Germs from coughing or rubbing your eyes, nose and mouth can be spread to other people by your hands. Hand washing helps decrease the number of germs that can be spread.

_____ 7. Create a chart for your bathroom that includes things like brushing your teeth, taking a bath, clipping your nails and washing your hair. Keep track of how often you do these things for 2 weeks.

_____ 8. Take a daily bath or shower. Try to take your bath or shower in the morning. This way there are fewer bacteria on your skin to make your sweat smell during the day. Take another bath or shower after activities and sports when you sweat a lot. Make sure you actually wash with soap and a washcloth all over, including your armpits, genitals, and feet.

_____ 9. Put together personal hygiene kits to donate to organizations such as your local homeless shelter, foster care agency, Operation Christmas Child, or other program. Your kits might include items such as a hair brush, tooth brush, tooth paste, nail clippers, soap, shampoo, deodorant, etc.

Dolphin: Do 5 requirements including the 2 starred

_____ 1.* Do Otter requirements 1, 2 & 3.

_____ 2* Take a daily bath or shower. Try to take your bath or shower in the morning. This way there are fewer bacteria on your skin to make your sweat smell during the day. Take another bath or shower after activities and sports when you sweat a lot. Make sure you actually wash with soap and a washcloth all over, including your armpits, genitals, and feet.

_____ 3. When you cough or sneeze, do it into your elbow instead of your hand. If you cough into your hand and then shake hands with someone or touch a door knob, you can spread your germs to other people.

_____ 4. Learn when you should wash your hands and the proper way to do it. Germs from coughing or

rubbing your eyes, nose and mouth can be spread to other people by your hands. Hand washing helps decrease the number of germs that can be spread.

_____ 5. Create a chart for your bathroom that includes things like brushing your teeth, taking a bath, clipping your nails and washing your hair. Keep track of how often you do these things for 2 weeks.

_____ 6. Find out what kind of hair you have. Is it dry? Oily? Normal? Is it curly? Straight? Brittle? Does it frizz? Find a shampoo and conditioner for your type of hair and wash your hair at least every 2 days. When you're styling your hair, pay close attention to the products you use. Some styling gels or lotions can add extra grease to your hair, which defeats the purpose of washing it in the first place! Look for formulas that say "greaseless" or "oil free."

_____ 7. Find out how to care for your nails on your hands and feet. What are the dangers in getting a manicure or pedicure?

_____ 8. Put together personal hygiene kits to donate to organizations such as your local homeless shelter, foster care agency, Operation Christmas Child, or other program. Your kits might include items such as a hair brush, tooth brush, tooth paste, nail clippers, soap, shampoo, deodorant, etc.

Butterfly: Do 6 requirements including the 3 starred

_____ 1.* Do Dolphin requirements 1 & 2.

_____ 2.* Find out what causes body odor. Can things you eat like garlic, onions, and spicy food effect it? What about exercise or hot weather? If you are starting to experience body odor, talk your parent about getting a deodorant to use everyday.

_____ 3.* Find out how to properly care for your skin and treat acne. Following are some steps to preventing excessive acne:

- To help prevent the oil buildup that can lead to acne, wash your face once or twice a day with warm water and a mild soap or cleanser. **Don't** scrub your face. Scrubbing can actually make acne worse by irritating the skin. Wash gently, using your hands instead of a washcloth.
- If you wear makeup, moisturizer, or sunscreen, make sure they are "oil-free," "noncomedogenic," or "nonacnegenic." When you wash your face, take the time to remove all of your makeup.
- If you use hair sprays or gels, try to keep them away from your face because they can clog pores.
- If you have long hair, keep it away from your face and wash it regularly to reduce oil.
- Hats can cause pimples along the hairline. Avoid them if you think they are worsening your acne.
- Wash your face after you've been exercising and sweating a lot.
- Try not to touch your face.
- Don't pick, squeeze, or pop pimples.

_____ 4. Learn when you should wash your hands and the proper way to do it. Germs from coughing or rubbing your eyes, nose and mouth can be spread to other people by your hands. Hand washing helps decrease the number of germs that can be spread.

_____ 5. Create a chart for your bathroom that includes things like brushing your teeth, taking a bath, clipping your nails and washing your hair. Keep track of how often you do these things for 2 weeks.

_____ 6. Put together personal hygiene kits to donate to organizations such as your local homeless shelter, foster care agency, Operation Christmas Child, or other program. Your kits might include items such as a hair brush, tooth brush, tooth paste, nail clippers, soap, shampoo, deodorant, etc.

_____ 7. What is bacteria? How does it effect your health? How can you avoid bacterial infections?

What is a virus? How does it effect your health? How can you avoid viral infections? What is a fungus? How do they effect your health? How can you avoid fungal infections?

_____ 8. Find out how to care for your nails on your hands and feet. What are the dangers in getting a manicure or pedicure?

_____ 9. Find out what kind of hair you have. Is it dry? Oily? Normal? Is it curly? Straight? Brittle? Does it frizz? Find a shampoo and conditioner for your type of hair and wash your hair at least every 2 days. When you're styling your hair, pay close attention to the products you use. Some styling gels or lotions can add extra grease to your hair, which defeats the purpose of washing it in the first place! Look for formulas that say "greaseless" or "oil free."

Eagle: Do 7 requirements including the 2 starred

_____ 1.* Do Butterfly requirements 1, 2 & 3.

_____ 2.* Find out what kind of hair you have. Is it dry? Oily? Normal? Is it curly? Straight? Brittle? Does it frizz? Find a shampoo and conditioner for your type of hair and wash your hair at least every 2 days. When you're styling your hair, pay close attention to the products you use. Some styling gels or lotions can add extra grease to your hair, which defeats the purpose of washing it in the first place! Look for formulas that say "greaseless" or "oil free."

_____ 3. Learn when you should wash your hands and the proper way to do it. Germs from coughing or rubbing your eyes, nose and mouth can be spread to other people by your hands. Hand washing helps decrease the number of germs that can be spread.

_____ 4. Create a chart for your bathroom that includes things like brushing your teeth, taking a bath, clipping your nails, wearing deodorant and washing your hair. Keep track of how often you do these things for 2 weeks.

_____ 5. Put together personal hygiene kits to donate to organizations such as your local homeless shelter, foster care agency, Operation Christmas Child, or other program. Your kits might include items such as a hair brush, tooth brush, tooth paste, nail clippers, soap, shampoo, deodorant, etc.

_____ 6. What is bacteria? How does it effect your health? How can you avoid bacterial infections? What is a virus? How does it effect your health? How can you avoid viral infections? What is a fungus? How do they effect your health? How can you avoid fungal infections?

_____ 7. When you cough or sneeze, do it into your elbow instead of your hand. If you cough into your hand and then shake hands with someone or touch a door knob, you can spread your germs to other people.

_____ 8. Research careers in the hygiene industry. Examples might include becoming a dental hygienist, public health official, chemist, or a salesperson for a company like Johnson and Johnson.

_____ 9. Find out how to care for your nails on your hands and feet. What are the dangers in getting a manicure or pedicure?