

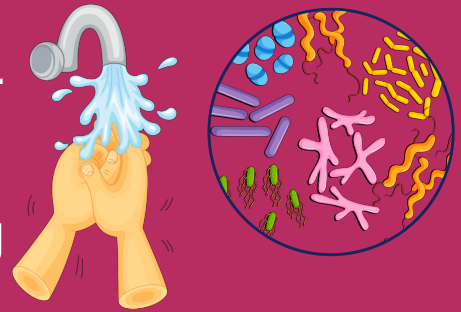
Good Personal Hygiene

Follow our **Sprinkle Spray** Tips to keep Germs Away with Good Personal Hygiene Practices



Always **Close** the **Toilet Lid** Before **Flushing** to **Avoid** **Bacteria** from **Escaping**

Always **Wash** your **Hands** after using the **Toilet**



Brush your **Teeth** at least **Twice** per **Day**. Once in the **Morning** and **Before Bed**



Wash your **Hair** **Often** and **Keep** it **Neat** and **Tidy**



Wear Neat and **Clean Clothes** Every Day. **Change** your Clothes when **Dirty** and **Wet**



Bath or Shower Every Day. No Exceptions

