

Cover your sneezes and coughs with your inner elbow.

Massage your scalp with shampoo because most of the oil builds up there.

Clean and trim your fingernails and toenails. Your nails collect germs and bacteria that can smell and make you sick.

Wear clean clothes and underwear/under garments daily.

Use soap. Plain water will not get rid of the bacteria.

Feet sweat more than you think. Always wear socks and wash them after every wear.

Wash your hands after you go to the restroom, before you eat, and after you've been touching surfaces out in public.

Dampness causes bacteria build up and odor. Let things air dry when they get wet.

Give your shoes a chance to air out by not wearing them every single day or by taking them off as soon as you get home.

Wipe bottom from front to back.

Use deodorant daily and repeat if you exercise or get sweaty during the day.

Keep your hands out of your mouth and eyes so you don't get germs into your body.

Don't miss those hard to reach areas and under your arms.

Take a bath or shower after exercise to clean off sweat that causes bacteria build up.

Brush and floss your teeth in the morning and at bedtime. If you are able, brush after meals as well.

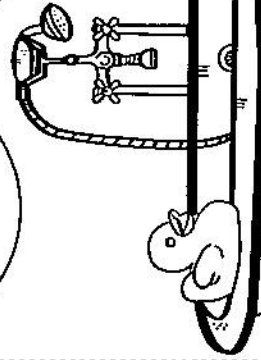
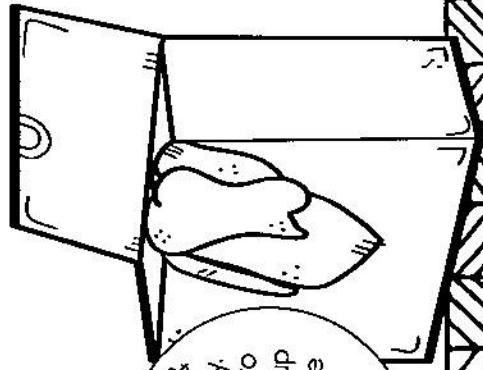
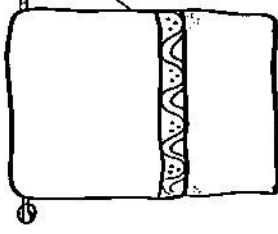
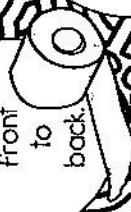
Keep your area tidy to keep bugs away.

Taking a bath or shower before bed will reduce how often you need to clean your sheets.

Don't go to bed sweaty or dirty.

Wash your sheets once to four times a month.

Wash jackets & coats regularly. They will start to smell and build up bacteria just like your other clothes.



BATHE OFTEN

Your body creates bacteria and oil daily that can cause you to smell.