

WHO
KNEW?

The Good Hygiene Issue

SEE

how you can look and feel better in just minutes a day!

LEARN

how good hygiene can protect your health!

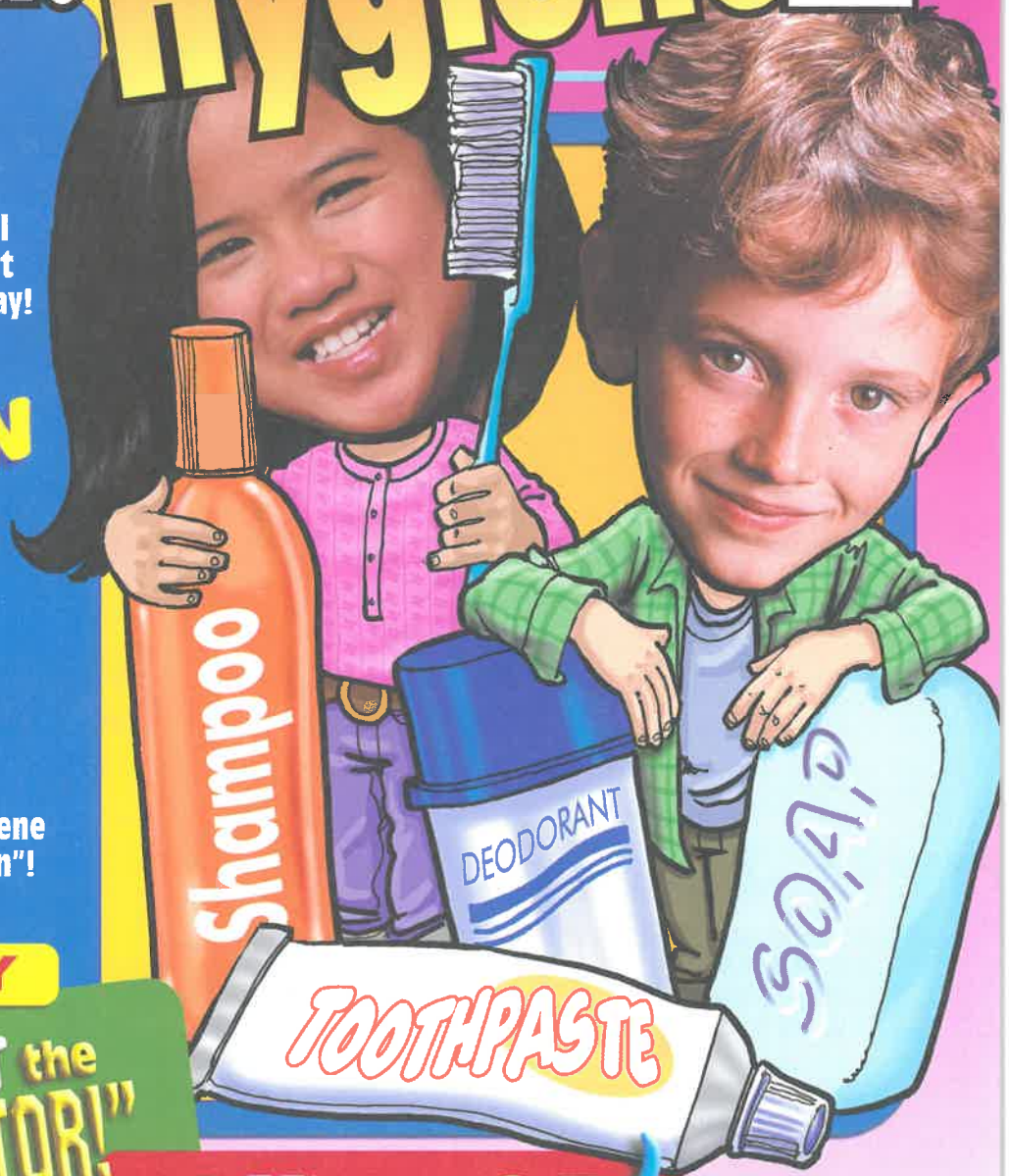
ACT

in "Grime Scene Investigation"!

PLAY

"Outsmart the GERMINATOR!"

with Mona & Ed



Public Health

What have you heard?

Myths are false beliefs that people have. Look at the myths about health and hygiene below. Connect each **MYTH (1-5)** to the correct **TRUTH (A-E)** by drawing a line. Ed has done one for you!



MYTH 1:

Colds are more common in winter because people are out in wet or chilly weather.



TRUTH A:

Sweat usually has no smell. The odor comes from bacteria that feed on salt and other things in the sweat on skin and clothes.

MYTH 2:

Having head lice (tiny bugs that live on the scalp) means you have dirty hair.



MYTH 3:

Body odor is caused by sweat.



TRUTH B:

Colds spread more easily from one person to another when people spend a lot of time indoors.

TRUTH C:

Many people (about 1 out of 5) do not even wash their hands after using the bathroom!

TRUTH D:

Head lice can be found in clean or dirty hair. They spread when people use each other's combs, brushes or hats. Don't share these belongings!

MYTH 4:

Kids don't need to keep baby teeth clean because they're going to lose them anyway.



TRUTH E:

Permanent teeth may come in too soon if baby teeth are lost to decay. They may grow in crooked because the jaw is still too small.

MYTH 5:

Most people wash their hands as often as they should.



Hmm... Have you ever heard the expression "Cleanliness is next to godliness"?

Hail, Hygeia!

The ancient Greeks believed that Hygeia was the goddess of health. They believed that Hygeia used her powers to keep people from getting sick.

Today, we know that many illnesses are caused by germs—and that Hygeia's powers of protection are in our own hands!

Scene 2

Narrator: Taylor went to look for cotton swabs.
Mrs. Day went to the garage and came back with five saucers.

Mrs. Day (entering): We'd better wash these to make sure they're really clean.

Bailey, Max and Jordan wash the saucers with warm water and dish detergent, and dry them with paper towels. Taylor returns with a box of cotton swabs. Mrs. Day opens a can of soup and pours ¼ cup into each saucer.

Mrs. Day: OK, everyone take a swab. Find something to test and rub your swab on it in a "Z" shape.

Bailey: Ready? Let's move out!

All exit except Narrator.

Scene 3

Narrator: The scientists scattered throughout the house, carefully rubbing their swabs on different things.

Taylor and Max enter.

Max: I feel like one of those crime scene investigators.

Taylor: Yeah!

Jordan, Bailey and Mrs. Day enter.

Mrs. Day: So, team, what have we got?

Max (holding out swab): I rubbed this on a doorknob.

Jordan: I tested a quarter that was in my pocket.

Bailey: This is from the counter by the bathroom sink.

Taylor: I rubbed this on the palm of my hand.

Jordan: Which reminds me...

Jordan takes another swab from the box.

Jordan: Say "Ah," Bailey!

Jordan swabs Bailey's tongue.

Max and Taylor: Eeww!

Bailey: Now what?

Mrs. Day: Take a saucer and brush your swab across the soup in a "Z" shape.

All follow Mrs. Day's instructions.

Mrs. Day: We should seal the saucers in sandwich bags so nothing else gets in.

Jordan: Like evidence bags from a crime scene!

Mrs. Day pulls a box of sealable sandwich bags from a drawer. All take bags.

Taylor: Let's label the bags so we'll know which sample is which.

Jordan: OK. Let's use tape and markers.

All label their bags and put the saucers inside.

Bailey: Where should we put them?

Mrs. Day: Germs like to grow in warm places, so let's put them near the radiator. Germs also like the dark, so let's put the bags inside a box.

Taylor: OK. I'll go get a box.

Mrs. Day: And remember, guys. Do not disturb or open the bags at any time. And after the science fair, make sure to give the bags to me so I can throw them away. We don't want any of the germs to escape!

Scene 4

Narrator: Four days later...

Jordan holds a magnifying glass. The four investigators use it to look at the bags.

Max: Look at these germs growing in "Z" patterns! That doorknob didn't look dirty—but this purple stuff was on it!

Bailey: And this greenish, fuzzy stuff came from the bathroom...

Jordan: Oh, gross! And my quarter—wow!

Taylor: I had *no idea* I had so many germs on my hand!

Max: Hey, that's nothing compared with what we got from Bailey's mouth.

They all look at each other.

Jordan: You know, I think we have a winning science project!

Bailey: And I know I'll never look at money the same way again!

All laugh as they exit.

Think about it:

- **Why do you think** they washed the saucers first?
- **How could germs** get on a doorknob, coin or bathroom counter?
- **What did you learn** from this play?

CARING FOR THE REST OF YOUR SKIN



As you get older, hygiene will become even more important than it is now.

Your skin will sweat more—and smell more!

Your armpit sweat will also contain different chemicals than it did before. These chemicals react with bacteria on your skin.

- The result: “B.O.,” or body odor!
- The solution: Take a bath or shower every day.

You can also use deodorant or antiperspirant on your armpits. Deodorant hides the odor. Antiperspirant prevents or reduces sweat.

Your skin will become more oily.

Oil helps protect your skin. But some teens' glands make too much! The oil may clog **PORES**, causing **ACNE**. If bacteria get into a clogged pore, the result may be a pimple.

To reduce the oil and bacteria on your skin, *gently* wash your face with mild soap and warm water twice a day. If you rub too hard, you can irritate your skin—causing your glands to make *more* oil!

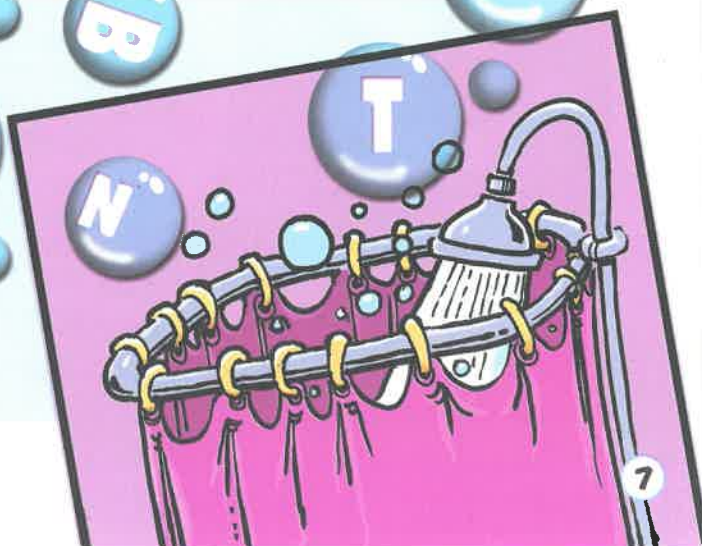
Need another reason to bathe or shower every day? Complete the message with the letters caught in the bubbles!

I FEEL
OOO
E LEA!

Keep feet sweet.

If you go barefoot or share a bathroom with others, fungi that cause athlete's foot may hitch a ride. To reduce your risk of athlete's foot:

- wash between your toes
- dry your feet carefully.



Ask Mona!

Got a hygiene question?
Our favorite feline friend
has the answer!



Dear Mona,
How often should I
wash my hair?

Jamie

Dear Jamie,
Most people wash their hair at least once a week. If your hair seems oily, you may want to shampoo more often—every day or two. If your ancestors came from Africa or the Caribbean, your hair may be very dry and break easily. Shampoo at least every two weeks, but no more than once a week—and use a leave-in conditioner.

And never brush wet hair! It might break. Use a wide-toothed comb to untangle wet hair. (I use my tongue to comb out my fur. But don't try this at home!)

Meow,

Mona

Dear Mona,
I'm on a soccer team.
My mother says I
have to put my
soccer clothes in the
laundry after every
practice. But I only
wear them for a
little while each
time! Why do we
need to wash them
so often?

Sam

Dear Sam,

Washing your clothes often keeps sweat and bacteria from building up over time and causing a stink! Wearing clean clothes, especially socks and underwear, helps everyone smell fresh.

Clean clothes can also help you stay healthy! For example, wearing damp, dirty socks can lead to the skin infection called athlete's foot.

Meow,

Mona



Dear Mona,
A kid in my class has "nits."
Now everyone in our
class—and everyone in
my family—has to use a
special shampoo tonight.
What are nits?

Liza



Dear Liza,
Nits are the eggs of head lice (teeny insects that feed on blood from people's heads). They stick to hair and can't be combed out. Head lice spread very easily and quickly, especially when people share brushes, combs, head scarves or hats. Treating everyone at the same time with special shampoo helps get rid of head lice.

Meow,

Mona



In the restroom at your community center, you notice many people don't use the sink. You ask if you can put up a sign saying "Stop germs! Wash your hands!"

Move ahead 1 space.



You've learned combs can spread head lice. But it's school picture day, and your hair is a mess! You ask your friend to lend you a comb.

Go back 1 space.



Calling all girls!

Some girls reading this magazine may have questions about special hygiene needs for women. If you have questions, talk with a parent, school nurse or health-care provider.

You're eating a sandwich when your cat jumps in your lap. You stroke her fur, then take another bite.

Go back 1 space.



As you dry dishes together, your sister coughs into her hand. You ask her to wash her hands—and you rewash the dish she was drying.

Move ahead 1 space.



You go to the restroom at the movie theater. There's a long line waiting to use the sinks. You want to get back to the show. You use the toilet and leave without washing your hands.

Go back 1 space.

Finish!

You make it a goal to practice good hygiene for life!

Move ahead 1 space.



You get a new toothbrush. You make a note on the calendar to replace it in 3 months.

Move ahead 1 space.

Good hygiene helps people feel better about themselves!