

## Inspector Hygiene!

Investigate the personal hygiene habits of people around you.



Try to find 6 people in these categories who you could question: children, adolescents, adults, old people, pregnant women.

Then write their names in your exercise book.

Did you know? In some countries flannels are shaped like a glove!



## Ask the Right Questions

To be able to compare answers, the class should all ask the same questions. Here are some suggestions.

### Personal details

- Sex :      Male            Female
- How old are you:
  - Under 13 (child)
  - Between 13 and 18 (adolescent)
  - Between 18 and 60 (adult)
  - Over 60 (older person)

### Body hygiene

- Do you take a shower / a bath:
  - every day
  - every other day
  - occasionally
- After the shower/the bath, do you:
  - change your clothes
  - put back on the same clothes
  - always use soap
  - wash with water only
- In the bath / the shower, do you:
  - always use soap
  - wash with water only

### Clothes hygiene

- Do you change your clothes:
  - every day
  - twice a week
  - occasionally
- Do you change your underclothes:
  - every day
  - twice a week
  - occasionally

### Hand hygiene

- Do you wash your hands
  - before every meal
  - when they are dirty
  - after going to the toilet
  - after blowing your nose
  - when you come home
  - not very often
- Answer Yes / No to the following statements:
  - I wash my hands with soap \_\_\_\_\_.
  - I lather with soap for at least 30 seconds \_\_\_\_\_.
  - I wash my hands in cold water \_\_\_\_\_.
  - I wash my hands in warm water \_\_\_\_\_.
  - I always dry my hands with a clean and dry towel \_\_\_\_\_.
  - Everyone in my family has their own towel \_\_\_\_\_.
  - I cut my nails regularly \_\_\_\_\_.

### Nasal hygiene

- When you blow your nose, do you use:
  - a paper handkerchief
  - a linen handkerchief