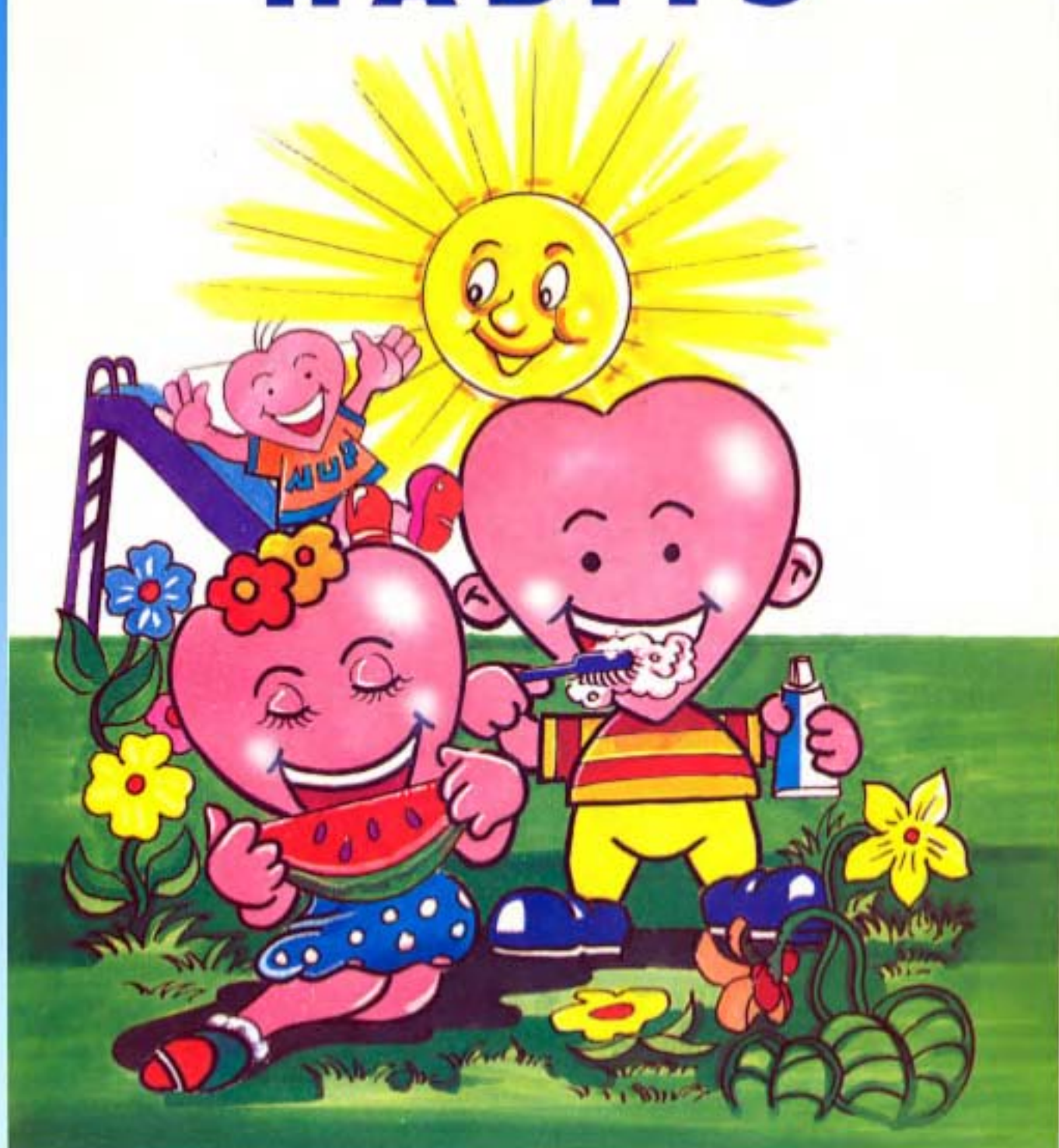


GOOD
PERSONAL
HABITS



WASHING HANDS

This habit is very important in the prevention of diseases. We can stop a lot of sicknesses by just washing our hands often. We can also keep ourselves healthy when eating with clean hands. When we eat with dirty hands, we make our food dirty with germs. Worms can also hide in dirty hands.



WASH YOUR HANDS OFTEN

You should wash your hands

- before eating
- before cooking or touching food
- after using the toilet

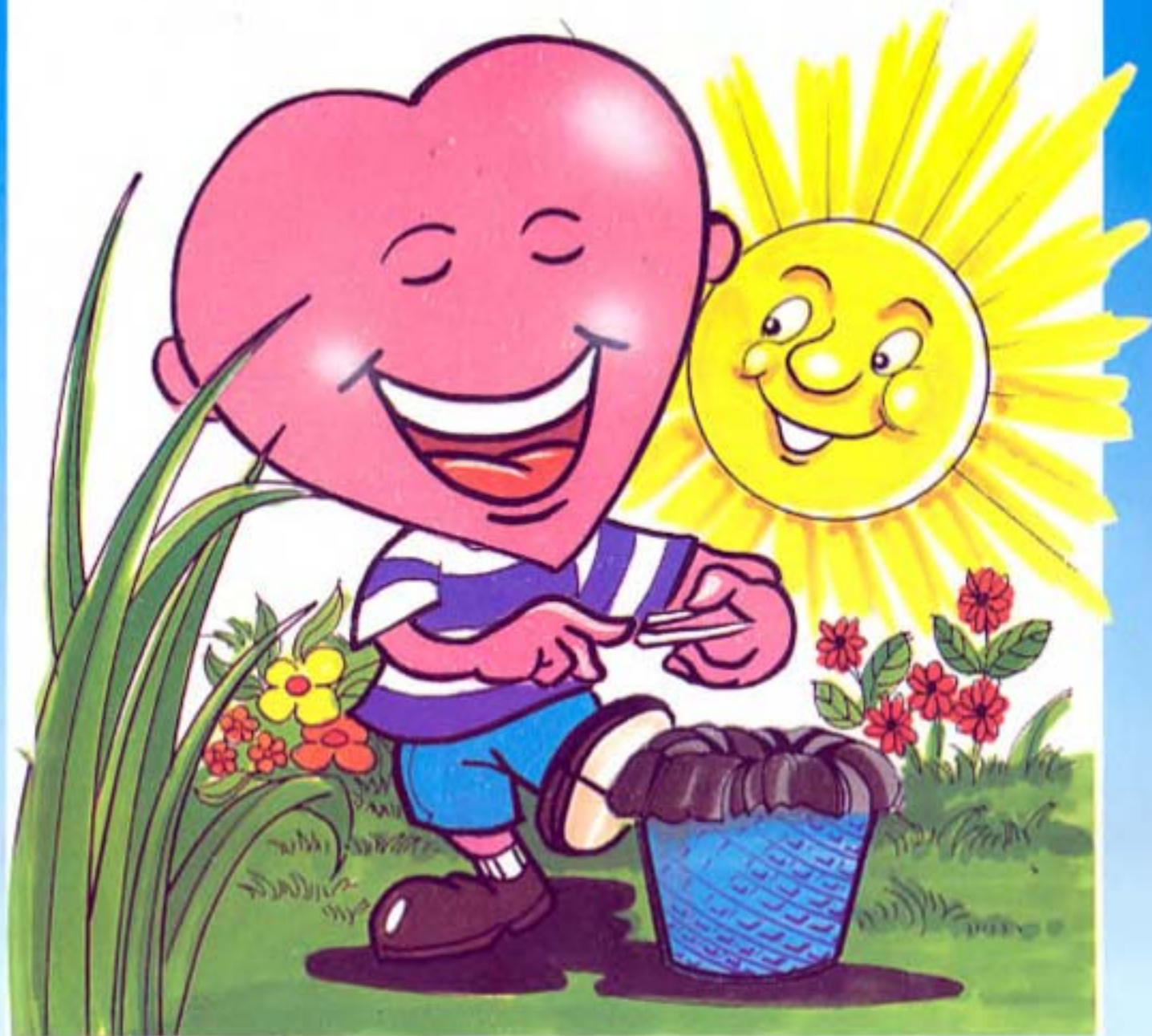
Wash hands in clean water and soap. After that, dry your hands.



WASH YOUR HANDS OFTEN

CUTTING FINGERNAILS

Long fingernails are a good place for germs to hide. Cut your nails properly so they stay short and clean.



CUT YOUR FINGERNAILS FOR CLEANER FINGERS

WEARING SHOES OR SLIPPERS

You must always wear slippers or shoes when you go out. It keeps your feet from getting cut or tiny worms from entering. If you wear socks, change them everyday.



MAKE IT A HABIT TO WEAR SHOES

BATHING

We should bathe to clean off the dirt and germs. We can get skin diseases if we don't bathe often. Bathe in clean water and use soap. Wash carefully to clean every part of your body. Use shampoo for washing your hair. Dry your body with a clean towel and wear clean clothes.



BATHING EVERYDAY KEEPS THE GERMS AWAY

BRUSH YOUR TEETH

Your teeth is important because it helps you to chew your food. It also shows your wonderful smile. Tooth disease and gum disease can happen if the teeth are not cared for. It can give you a lot of pain and you can even lose your tooth.



GOOD TEETH MEANS A WONDERFUL SMILE

- Brush your teeth on getting up, after you eat and before you sleep.
- Use a special string called the dental floss to take out food stuck between your teeth.
- Don't eat after you have brushed your teeth at night.
- Keep away from sweets and ice creams and sweet, sticky food.



GOOD TEETH MEANS A WONDERFUL SMILE

EXERCISE

Be active and exercise. Jump, climb, run, swing or dance. This will keep you healthy.

Exercise your mind too. Learn sportsmanship, honesty and self-discipline. You can do this by playing games.



EXERCISE EVERY DAY AND YOU'LL LOVE IT!

- Join other children in playing games.
- Play in safe places of your house and the surroundings.
- Take a rest after play or work. Sleep well.



EXERCISE EVERY DAY AND YOU'LL LOVE IT!

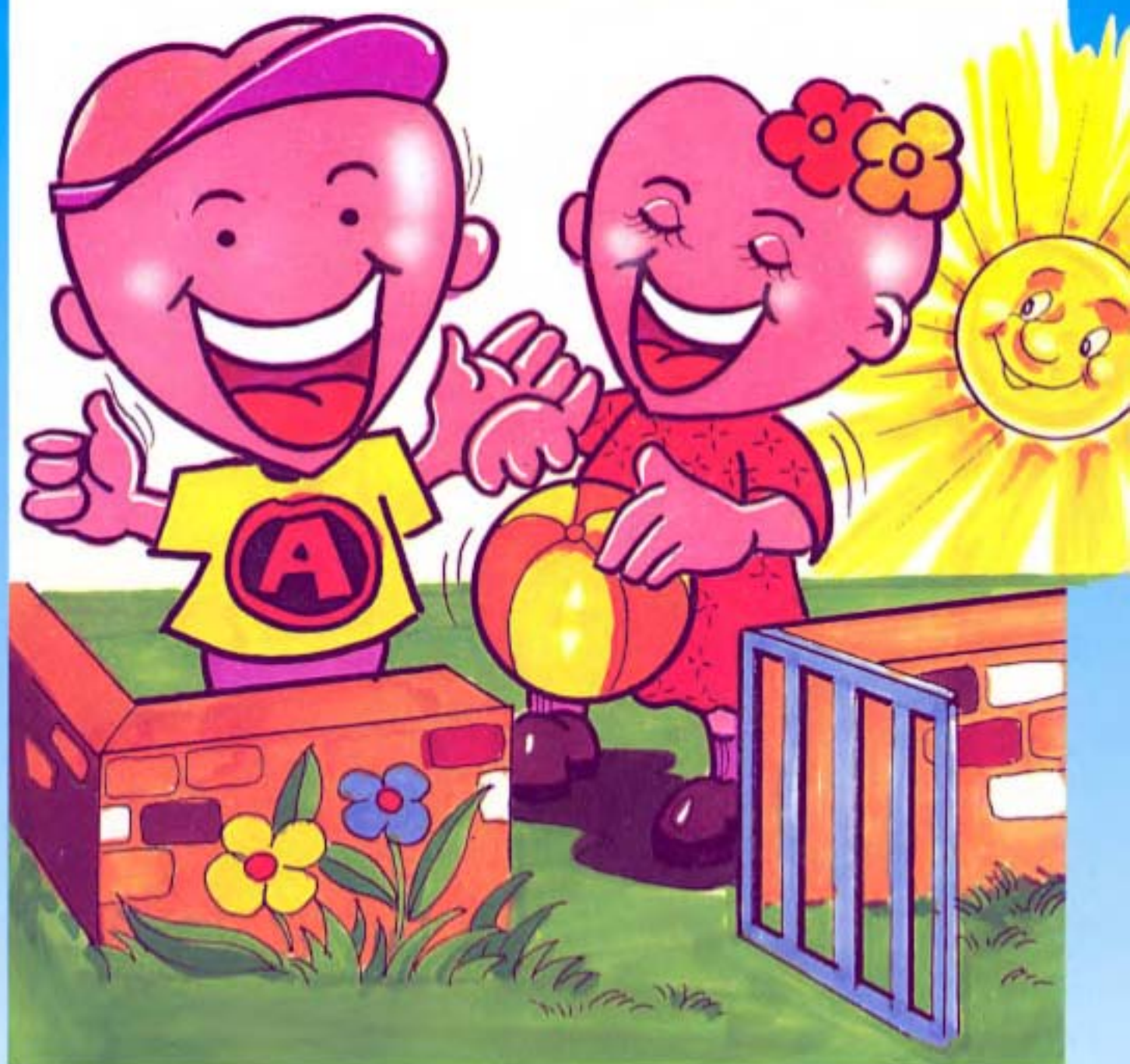
SAFETY

When you play, be careful you don't hurt yourself. Playing in a safe place means keeping away from things and places that are dangerous. Dangerous places like the kitchen, the place where clothes are washed or ironed, the stairway, window, electric outlets, the streets, by the river or the lake or well.



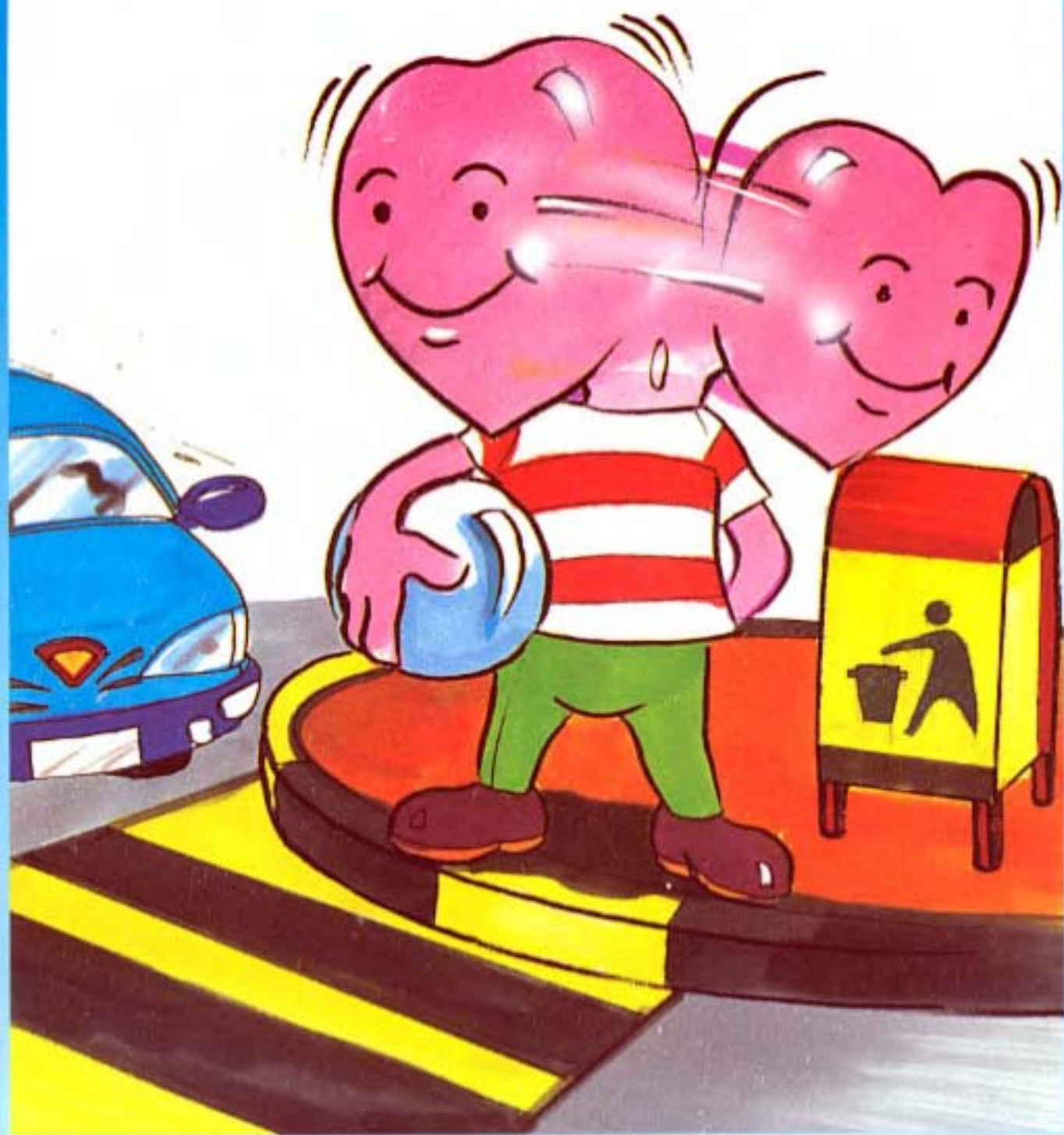
PLAY WHERE IT IS SAFE

- Ask your parents where it's safe to play.
- When you play inside the house, keep away from cooking pots, the clothes iron, stairs and windows.
- If you play outside the house, choose somewhere away from the street, like the courtyard, or the garden.
- If you can, play in a public park, your school grounds or a sports field.



P L A Y W H E R E I T I S S A F E

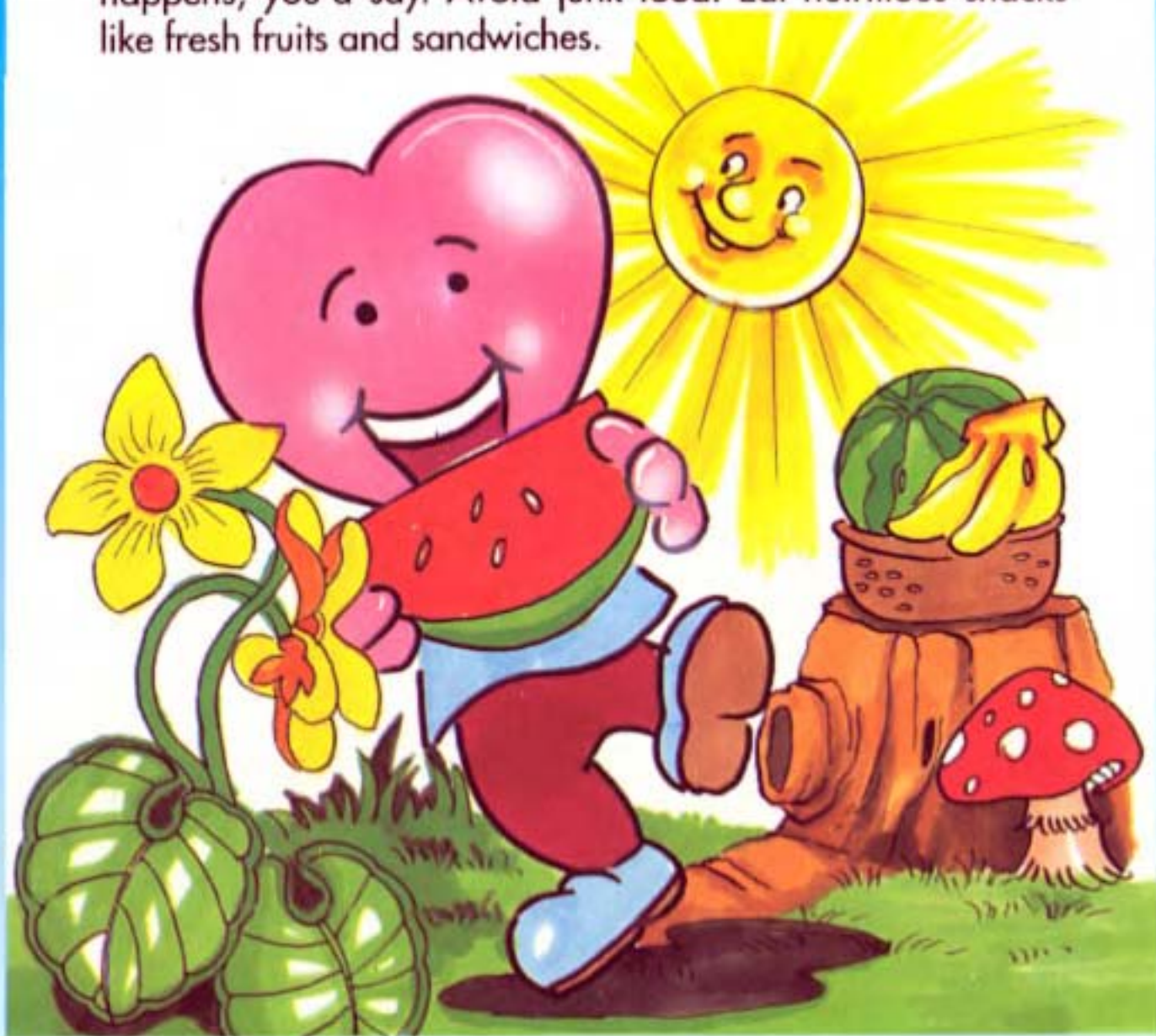
- Before you cross the street, always look right and left to check that there are no cars coming.
- Avoid toys that are pointed, sharp or have a rough surface. These can give you a cut or a wound.
- Be careful of dogs and other animals. Their bite can hurt you.



P L A Y W H E R E I T I S S A F E

AVOID JUNK FOOD

You certainly know that feeling when you'd just love to have some candies or sweets for a snack. Sometimes you don't even know why you want to eat something. It just happens, you'd say. Avoid junk food. Eat nutritious snacks like fresh fruits and sandwiches.



IF YOU HAVE A SWEET TOOTH, EAT FRUITS

Candies and cookies have a lot of sugar (and you don't need so much sugar when you have regular meals). But they do not contain vitamins or fibre (and you need those in your diet).

- If you are hungry for sweets, try fruits. It has vitamins, fibre, fruit sugar and other substances which help your body stay in shape.
- Remember many soft drinks have a lot of sugar in them. Try fruit juices instead.



IF YOU HAVE A SWEET TOOTH, EAT FRUITS

WASH CUTS AND WOUNDS WITH SOAP AND WATER

No matter how careful you are, accidents still happen. You can fall from a chair or slip on a wet floor. You can get two types of cuts. One is an open cut and it will bleed a lot. It can be a small cut, it may be big or even deep. The other type is just a bruise or small scratches with no blood.



CLEAN YOUR WOUNDS TO KEEP GERMS AWAY

- When you get a wound, keep it clean to fight off germs.
- Call for help if your wound:
 - is bleeding a lot
 - becomes red or swollen and has pus
 - is painful
- If you burnt yourself, pour cold water on the burn and put it in cold water for five minutes.
- Remember that a hospital or health clinic can help if you hurt yourself badly.



CLEAN YOUR WOUNDS TO KEEP GERMS AWAY



**ANAK SIHAT
TONGGAK MASA DEPAN NEGARA**



Ministry of Health Malaysia.