

Personal Appearance and Hygiene



Learning Inventory of Skills Training

Created by CRMHC OT staff and students

Basic

Must know 3 out of 4

1. Understands importance of showering/bathing regularly

How Often Should You Shower?

Bathing on a regular basis is very important for several reasons. It can help prevent disease and will also promote good hygiene. People who don't take a full shower should still cleanse certain areas such as their faces, feet, underarms and genitals. Nonetheless, maintaining overall cleanliness and good personal hygiene is important for maintaining a sense of self-confidence.

- Showering every 2-3 days is appropriate; this might differ depending on culture and ethnicity.
- You should shower more often depending on a few factors such as if you use public places that are filled with bacteria (like the subway or buses), have a job that is physically demanding, are in contact with potentially sick people (such as those coughing, sneezing or sniffing during the flu season), or exercise regularly.
- Strong personal hygiene reflects high self-regard, a person is more likely to be isolated by others when they refuse to get clean daily. People who refuse to shower everyday are seen as dirty and don't follow the basic concept of cleanliness. They are often perceived negatively by others.

If you do NOT have access to a shower:

- **Use Wet Wipes (wet wipes/baby wipes):** wipe down your armpits, privates and feet, as these are the area's most prone to bad odor. Then, use additional wipes to clean the rest of your body.
- **Give yourself a sponge-bath:** Over the sink use an actual sponge or a wet washcloth/towel to clean yourself. Focus on your armpits, private areas, and feet first, and then give the rest of your body a wipe down. All you'll need is warm water, a washcloth, and a bit of soap to freshen up.
- **Apply deodorant to your underarms:** prevent you from developing a bad smell, as well as a great way to freshen up in a hurry. It's a good idea to carry deodorant with you so that you can apply it as needed.



Basic Steps to Showering (not always the same):

1. Turn the water on and let it get to a comfortable temperature for yourself before you get in.
2. Once you get in the shower, get your entire body wet.
3. Using face soap, wash your face good.
4. Start from the top. Wash your hair with the shampoo - rinse. Conditioner can be used as appropriate to moisturize your hair. While the conditioner is in your hair proceed to step.
5. Put body soap on your wash rag and wash your body starting from the top. Wash arms, torso, and both legs. Be sure to get in all of the cracks and crevices and rinse off well. Rinse off the wash cloth in between washing. Lastly, wash your genital area well and rinse well.
6. If applied, rinse the conditioner out of your hair.
7. Dry yourself off good while still standing in the shower so as not to make puddles on the floor outside of the shower.

Other Showering Options:

- Look into local Homeless Shelters to see if you could shower there.
- Ask a family member or friends if you could use their shower to clean up.
- Think about getting a local gym membership for an inexpensive rate to use the showers in the locker room.

2. Knows how to use common hygiene products (shampoo, soap, deodorant, shaving cream, etc.)

Body Wash/Soap: Apply to your cloth. Work your way from the top of your body to the bottom, focusing on those hard-to-reach areas and places that are most prone to sweat.

Shampoo: apply about a quarter size of shampoo to your hand. Then scrub the shampoo into your hair and scalp. Lather and rinse shampoo out hair Rinse hair until there are no more suds from the shampoo left in your hair.

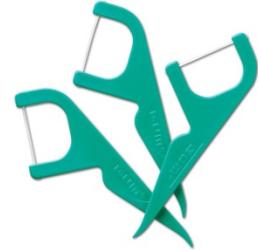
Conditioner: This is not necessary to have when taking a shower. Conditioner is applied to your hair after you shampoo it. This is used to remove tangles and soften your hair.

Deodorant: Before applying make sure your underarms are clean or else you will be putting a layer of deodorant on top of a layer of sweat. Washing the area with soap and water or a cleansing cloth before applying deodorant. Use one or more pass up and down to cover the area of skin you're trying to coat properly.

Toothpaste/ Toothbrush:



Floss: Apply the thin cord in between teeth to remove food and dental plaque where a toothbrush cannot reach. It is important to floss at least once a day to avoid dental disease or cavities.



Shaving Cream/Razor: Apply shaving cream to area you wish to remove hair. This could be face, armpits, legs, etc. Using razor carefully go over the areas of shaving cream to remove hair. Be careful you do not cut yourself with the razor. Wipe or wash off area once you are done shaving. *When shaving face, make sure to do small strokes over tight and flat skin to prevent cuts.*

Feminine Hygiene Products:

Pads / Tampons: Used by females during their period. Be sure to change a pad or tampon at least every 4 hours or when needed. Use appropriate trash bins in bathroom to dispose of feminine hygiene products. Be sure to not throw away pads or tampon applicator in the toilet.

Absorbance of Tampons:

- **Light absorbency tampons:** Good for the last days of your period when your blood flow is lightest.
- **Regular absorbency tampons:** Many women find that regular absorbency tampons are good for most of the days of their periods.
- **Super absorbency tampons:** Super absorbency tampons provide the extra absorption that some women need the first day or two of menstruation when their flow is heavy.
- **Super plus absorbency tampons:** Some women who experience extra heavy bleeding at the beginning of their periods may need to use super plus absorbency tampons.
- **Ultra absorbency tampons:** Most women will never need to use ultra-absorbency tampons.

Absorbance of Pads:

MICROLINERS
Lightest Absorbency – *Drips*



LINERS
Very Light Absorbency – *Spurts*



LIGHT PADS
Light Absorbency – *Bursts*



ULTRA THIN® & ORIGINAL PADS
Moderate Absorbency – *Surges*



ULTRA THIN® & ORIGINAL PADS
Maximum Absorbency – *Streams*



ULTRA THIN®, ORIGINAL
& OVERNIGHT PADS
Ultimate Absorbency – *Gushes*



There are also reusable feminine hygiene products that could cut down on cost. This includes:

The Diva Cup: A plastic menstrual cup that can be used to up to 12 hours or until full. It can then be washed in the dishwasher or with warm water and unscented dish soap. It then can be used again. The plastic is reusable and is cost effective since regular pads/tampons can be expensive.



Luna pads: Washable cotton liners that can be washed in the washer and dryer. They're reusable, absorbent, and leak proof.

3. Knows the cost of regularly used hygiene products **(shampoo, soap, deodorant, shaving cream, etc.)**

The average cost for items can range from \$1.00 at the dollar store up to \$7.00-\$10.00 at local grocery or convenience stores. Depending on the brand, the cost could go up or down. **Be sure to look for deals.**

- **Soap:** \$1.00 - \$3.00
 - **Body wash:** \$1.00 - \$7.00
 - **Shampoo:** \$1.00 - \$6.00
 - **Conditioner:** \$1.00 - \$6.00
 - **Deodorant:** \$3.00 - \$8.00
 - **Toothpaste:** \$1.00 - \$9.00
 - **Toothbrush:** \$1.00 - \$4.00
 - **Floss:** \$1.50 - \$5.00
 - **Shaving cream:** \$1.50 - \$6.00
 - **Razor:** \$2.00 - \$10.00
 - **Face cleanser:** \$4.00 - \$10.00
 - **Loofah:** \$1.00 - \$2.00
 - **Washcloth:** \$1.00 - \$5.00
 - **Pads:** \$5.00 - \$7.00
 - **Tampons:** \$4.00 - \$9.00
- Items like the Diva Cup, Luna pads, and an electric razor cost more at first but will be more cost effective in the long run since they are reusable and a one-time purchase.
 - Diva Cups cost \$25.00 each, the Luna pads cost \$11.99 each, and an electric razor cost about \$30.00.
 - To be cost effective you can purchase a 3 in 1 wash which has to purpose of shampoo, conditioner, and body wash all in one.



4. Knows importance of brushing teeth regularly

Reasons It's Important to Brush Your Teeth:

1. **Maintaining fresh breath:** When you don't brush your teeth regularly, bacteria build up occurs in the mouth which can cause a variety of problems. To prevent bacteria building up, make sure to brush your teeth twice a day.
2. **Prevents gum disease:** You are at risk of plaque build-up on the teeth when you don't brush often. Plaque is an accumulation of bacteria and food that occurs in everyone's mouth. However, this plaque can lead to Gingivitis (inflammation of the gums). This is often the first stage of gum disease.
3. **Removes teeth stains** – Toothpaste removes debris and surface stains. It is not healthy to have stains on your teeth; they could lead to your teeth rotting.
4. **Reduces your chances of having a heart attack or stroke** – The bacteria build-up from your mouth can travel down into the bloodstream. This can increase the chances of a stroke or heart attack.
5. **Saves you money** – Brushing your teeth twice a day will help in preventing problems in the future, ultimately leaving you with reduced dental bills.
6. **Have a healthy baby** – Gum disease has been shown to increase the chance of premature birth and low birth weight. If you are pregnant, keep in mind that the bacteria build-up from in your mouth from not brushing your teeth can get into the bloodstream of your baby, putting them in risk.

How to Properly Brush Your Teeth:

