

## TIPS FOR TRAVELLING:

REMEMBER TO PACK THE FOLLOWING:

- TOOTHBRUSH
- TOOTHPASTE
- DEODORANT
- SHAMPOO
- CONDITIONER
- BODY WASH OR SOAP
- NAIL FILE
- SOCKS AND UNDERWEAR  
(AT LEAST 1 PAIR / DAY)



REMEMBER TO PACK ENOUGH CLEAN CLOTHES. YOU SHOULD HAVE A CLEAN SHIRT AND PANTS FOR EACH DAY, AND ENOUGH SOCKS AND UNDERWEAR FOR ONE EXTRA DAY. FOR EXAMPLE, IF YOU WILL BE GONE 3 DAYS, YOU SHOULD PACK 4 PAIR OF SOCKS AND UNDERWEAR IN CASE YOU GET WET OR SPILL SOMETHING ON YOURSELF.

Prepared especially for you by:



**milestone**  
**HCQU Northwest**

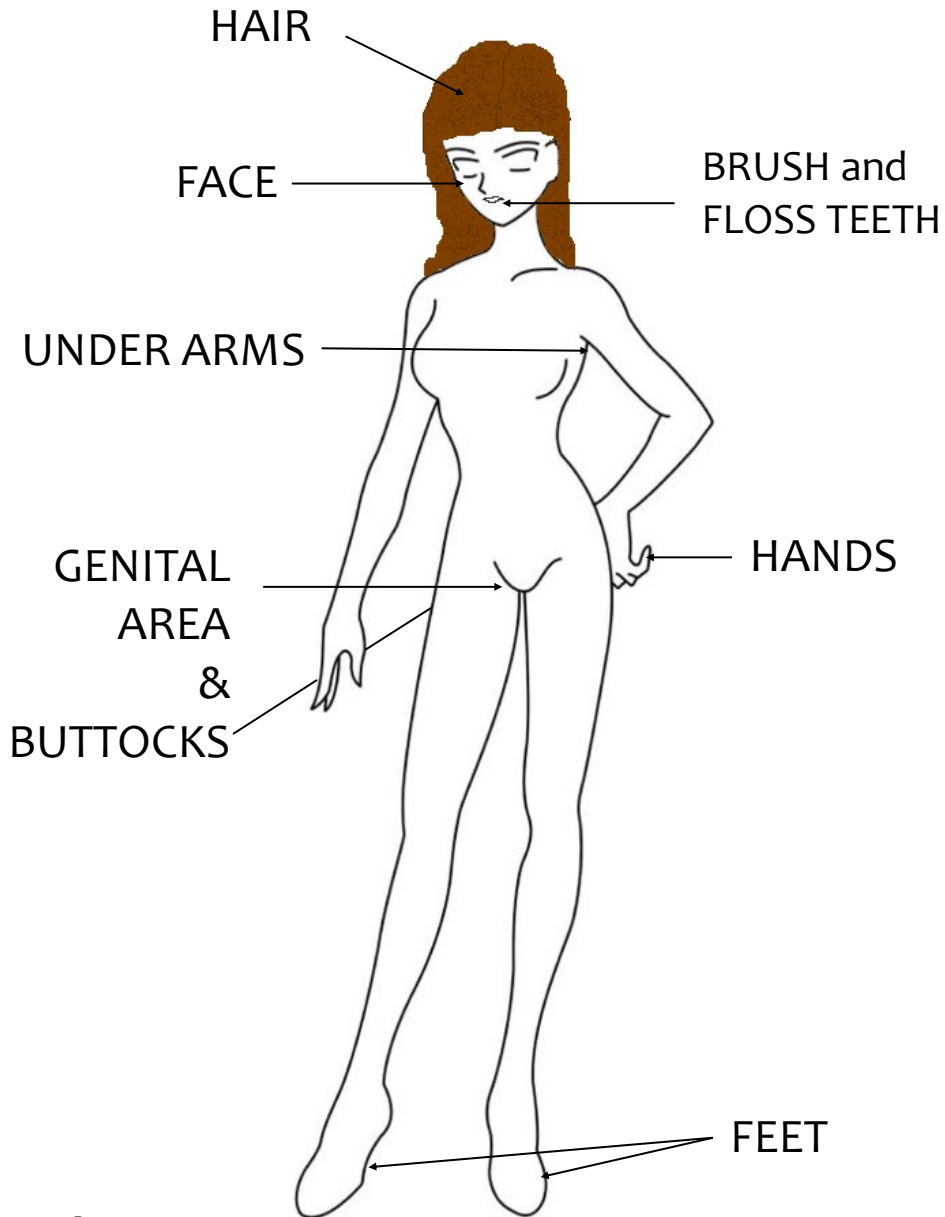
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Personal  
Hygiene  
for  
Women

MilestonePA.org  

Wash your whole body, making sure to wash these areas every day:



## THINGS TO REMEMBER:

TAKE A BATH OR SHOWER DAILY. NO ONE WANTS TO HANG OUT WITH PEOPLE WHO SMELL BAD.

REMEMBER TO USE DEODORANT AFTER YOU SHOWER OR BATHE.

WASH YOUR HANDS OFTEN—ESPECIALLY BEFORE EATING, AFTER YOU COUGH OR SNEEZE, OR WHEN YOU ARE SICK.

BRUSH YOUR TEETH AT LEAST EVERY MORNING. IT IS A GOOD IDEA TO BRUSH THEM AGAIN BEFORE GOING TO BED, AND AFTER MEALS, IF POSSIBLE.

ALWAYS PUT ON **CLEAN** CLOTHES AFTER YOUR SHOWER OR BATH. IF YOU SHOWER AT NIGHT, REMEMBER TO PUT ON CLEAN CLOTHES THE NEXT MORNING. DIRTY CLOTHES CAN BE SMELLY.

IT IS IMPORTANT TO WEAR CLOTHES THAT FIT PROPERLY—ESPECIALLY BRAS AND UNDERWEAR. UNDERWEAR THAT ARE TOO BIG OR TOO SMALL CAN BE VERY UNCOMFORTABLE.

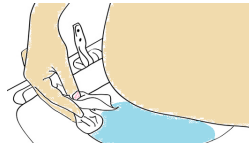
SHIRTS AND PANTS THAT ARE TOO SMALL WILL BE UNCOMFORTABLE AND MAKE YOU LOOK BAD.

SHIRTS AND PANTS AND COATS THAT ARE TOO BIG CAN GET CAUGHT ON THINGS AND SNAGGED OR CAUSE YOU TO GET HURT.

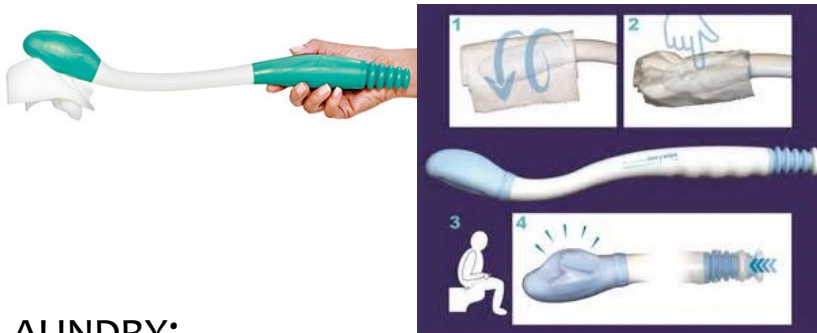
NEVER SHARE PERSONAL ITEMS LIKE WASHCLOTHS, TOWELS, HAIR BRUSHES OR COMBS, OR TOOTHBRUSHES. THESE THINGS CAN PASS ON GERMS OR DISEASES.

## TIPS FOR WIPING YOUR GENITAL AREA/BUTTOCKS:

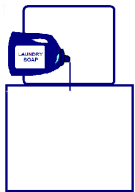
1. Gather a small amount of toilet tissue (3-5 squares) in your hand
2. Fold or wad the tissue to make a thick 'bunch'
3. Use the wadded/folded tissue to **wipe from front to back**
4. Repeat until you are clean and dry
5. Some people like to finish with a wet wipe (optional)



If you have a hard time reaching to wipe, a tool like the one below might be helpful.



## LAUNDRY:



PUT SOAP  
IN WASHER



ADD  
DIRTY CLOTHES

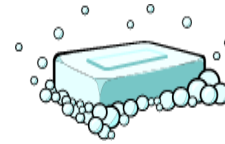


TAKE CLEAN  
CLOTHES FROM  
WASHER

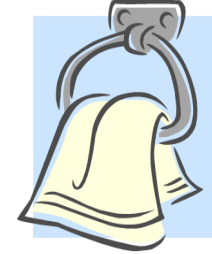


PUT CLEAN  
CLOTHES IN DRYER.  
PUT AWAY WHEN  
DRY

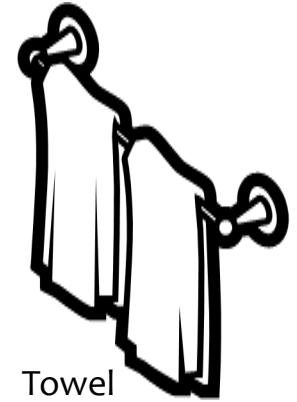
## Things you'll need:



Soap



Washcloth



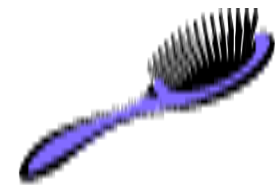
Towel



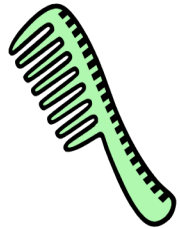
Shampoo



Deodorant



Hair Brush



Comb



Toothbrush



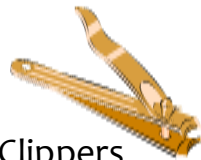
Shaving Cream



Razor



Dental Floss



Nail Clippers

Emery Board

## WASH YOUR HANDS. (SEVERAL TIMES A DAY)

Step 1: Get hands wet.



Step 2: Rub soap between hands and work into lather.



Step 3: Wash hands for as long as it takes to sing the ABC song or Happy Birthday two times. Be sure to wash backs of hands, between fingers, and under finger nails.



Step 4: Rinse hands with water.



Step 5: Dry hands with towel or hand dryer.



**Wash hands before:**



**Wash hands after:**



## OTHER ITEMS YOU MIGHT WANT TO USE:

**CONDITIONER:** after you shampoo and rinse your hair, pour a small amount of conditioner into your palm, then rub it into your hair. Wait a few minutes, then rinse the conditioner out. This will make your hair easier to brush or comb.

**SOAP:** You might want to try using a milder soap on your face to help keep your face from feeling dried out.

**BODY WASH:** If you don't like using a bar of soap in the bath or shower, you might try body wash. Body wash comes in a bottle like shampoo. Just pour a little on a washcloth and wash away!

**LOTION:** Body lotion can help make your skin feel smooth. It is especially nice to use when it's cold outside because it helps keep our skin from feeling so dry in winter. You can get body lotion in many different scents—like vanilla or lavender.

**WET WIPES:** Wet wipes can be used to wash your hands or face when there is no water nearby. They also come in handy when you are having your period. You can clean your genital area with a wet wipe whenever you use the restroom or change your pad. This will help you feel clean and prevent odors.

**POWDER:** Some people like to use talcum powder (sometimes called "Baby Powder") to help their skin feel soft and dry. Powder is especially useful where clothes rub against your body to help keep the clothes from sticking to your skin. After you take a shower and get dried off, pour a little powder in your hand and rub it into your skin. Some places to try powder are under your breasts where your bra might rub, along your waist where your pants or underpants might be tighter, and on your feet.

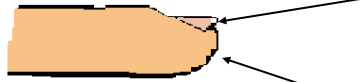
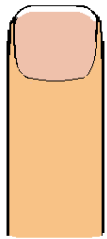
**PERFUME:** If you wear perfume, just a small amount is good. Some people are very sensitive to perfumes.

## CUT YOUR FINGERNAILS. (AS NEEDED)

Step 1: Wash hands and use washcloth or fingernail brush to wash under the tips of your fingernails. Dry hands with towel.

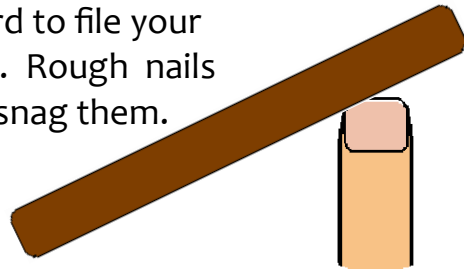


Step 2: Use fingernail clippers to trim the ends of your nails so just a little of the white part is showing. If you cut them too short, it can make your finger sore.



The end of your fingernail should be about even with your finger tip.

Step 3: Use an emery board to file your nails until they are smooth. Rough nails can catch on clothing and snag them.



Step 4: Be sure to put your nail clippings in the trash.



Note: Follow the same steps for cutting toenails. If you have diabetes, it is very important to pay close attention to your feet.

## WASH YOUR HAIR. (AT LEAST EVERY OTHER DAY)

Step 1: Get hair wet.



Step 2: Pour shampoo into cupped hand.



Step 3: Rub shampoo into hair and scrub until there are bubbles all over your head and hair.



Step 4: Rinse with water until you can no longer feel shampoo or conditioner in your hair or else your hair will feel sticky.



Step 5: Dry hair with towel or hair dryer.



Step 6: Brush or comb hair.



## WASH YOUR FACE. (AT LEAST 2 TIMES PER DAY)

Step 1: Get washcloth or scrubby wet.



Step 2: Put soap on washcloth.

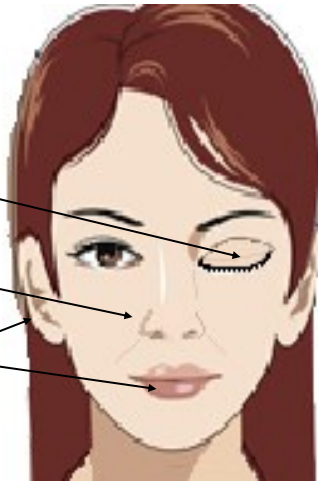


Step 3: Wash face. Remember to wash your eyelids (be sure to close your eyes first!),

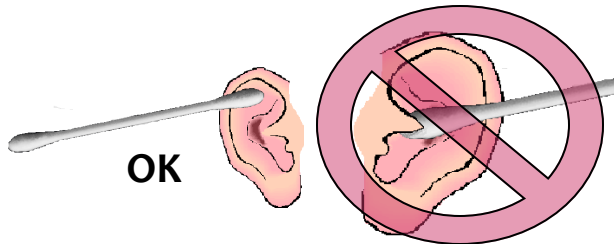
around your nose

and mouth,

inside and behind your ears.



NOTE: **Q-TIPS** are great for cleaning around the outside of your ear, but should never be used in the ear canal.



Step 4: Dry your face with a towel.

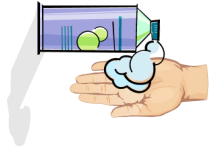


## SHAVE YOUR LEGS AND UNDERARMS. (AS NEEDED)

Step 1: Get the area to be shaved wet.



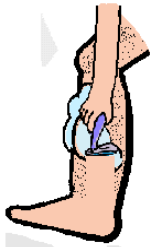
Step 2: Spray shave cream into the palm of one hand.



Step 3: Rub shaving cream on underarm or leg until it is foamy.



Step 4: **Gently** pull the razor through the foam to shave away the hair. The razor should glide easily over your leg or underarm—do not push it into your skin.



Step 5: Rinse the hair and remaining shaving cream away with warm water.



Step 6: Dry the area with a towel.



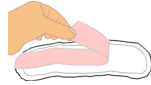
## MENSTRUATION

Most women will menstruate, or “have their period”, once a month. When you are having your period, pay special attention to keeping your genital area clean. You also need to use sanitary napkins (pads) or tampons to catch any discharge.

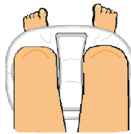
Unwrap the pad.



Remove the paper strip from the back side.



Place the pad in the center of your underwear and press on it to make it stick.



Change pad every 2—4 hours or it could leak or cause odors.



1. Roll pad up.



2. Wrap in toilet paper.



3. Throw away.



**Do Not Throw in Toilet.**



4. Wash hands.



## BRUSH YOUR TEETH. (MORNING AND NIGHT)

Step 1: Get toothbrush wet, then turn off water.



Step 2: Put a small amount of toothpaste on your toothbrush.



Step 3: Place toothbrush in mouth and scrub teeth gently with the bristles. Be sure to brush the front and back of your teeth, as well as the part you chew with.



Step 4: Spit toothpaste into sink. Rinse mouth with water and swoosh it around to remove the toothpaste, then spit the water out. Do not swallow the toothpaste..



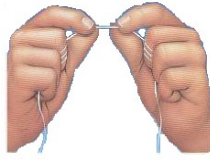
## FLOSS YOUR TEETH. (EVERY NIGHT)



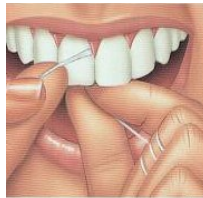
Step 1: Remove several inches of floss—about enough to go from your fingers to your elbow.



Step 2: Wrap floss around your two middle fingers, leaving just a few inches between hands.



Step 3: Use your index fingers to move the floss between your teeth. Be sure to get the molars in back, too!



Step 4: Rinse your mouth with water and spit it out.



## TAKE A SHOWER OR BATH. (DAILY)

Step 1: **Make sure you have everything you need before getting into the shower:** towel, washcloth, soap, shampoo, conditioner, etc. If you will be getting dressed in the same room, be sure to have deodorant and clean clothes nearby.

1: Wash hair.  
[See page 5.]

2: Wash face.  
[See page 6.]

3: Wash torso.  
Remember to wash under your breasts and in your belly button.

4: Wash hands, arms, and under arms.

5: Wash genital area.  
Be sure to use a mild soap and wash the area gently but thoroughly.

6: Wash legs and feet.

7: Wash buttocks.

