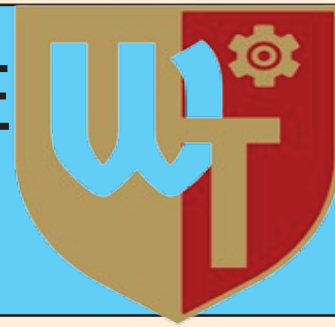


DANGERS OF POOR HYGIENE



"Cleanliness is not a luxury"

Poor personal hygiene

This refers to a bad self care that can lead to a messy appearance.

Not brushing teeth



It leads to dental disease which causes tooth decay.
It leads to bad breath.

Not showering often



It leads to body odor .
It leads to skin diseases.

Not washing hands before handling food

If you eat food minus washing hands, your more likely to get diseases such as diarrhoea, dysentery and typhoid.

Not washing hands after using the toilet or latrine.



After visiting the washroom, one is required to wash his or her hands with soap and water. If not done, you will get germs.