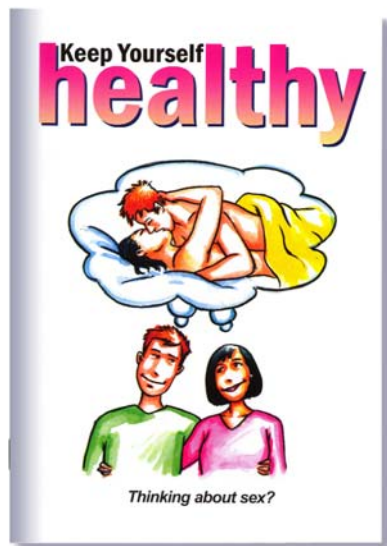
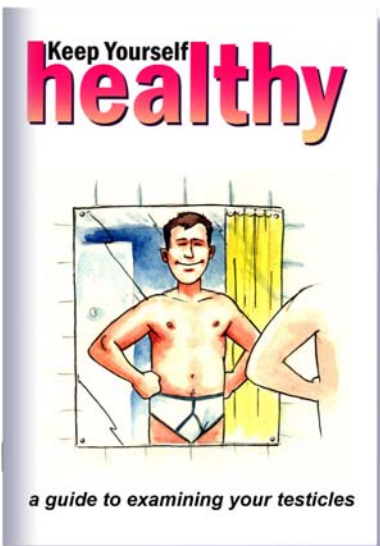
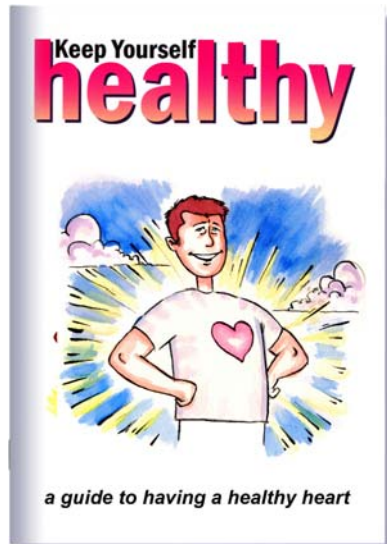


# Keep Yourself **healthy**



*a men's guide to keeping clean*

# Look out for our other booklets!



You can find details of these and other booklets at [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

**This booklet will tell you the best ways to keep your body clean.**

**It is very important for all men to keep clean.**



**Washing every day and wearing clean clothes makes you smell good, look good and feel good. People will like being with you.**

# Why should you bother to keep yourself clean?



If you don't wash and wear clean clothes your body will stink. People will not want to be near you and you will be left on your own.



People might point at you and call you names.

**Washing your skin keeps it healthy. If you do not wash, you may get spots, boils, rashes and skin problems.**

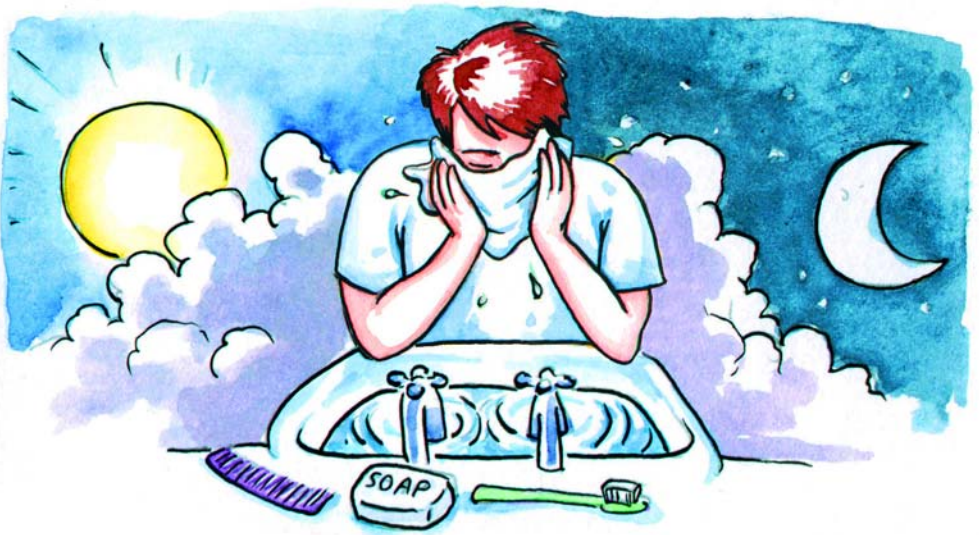


**It might get so bad you'll have to go to the doctor.**

# How often should you wash your body?

MON	TUE	WED	THURS	FRI	SAT	SUN
✓	✓	✓	✓	✓	✓	✓

You need to wash your body every day. If you can't get a bath or shower each day you should at least wash at a sink.



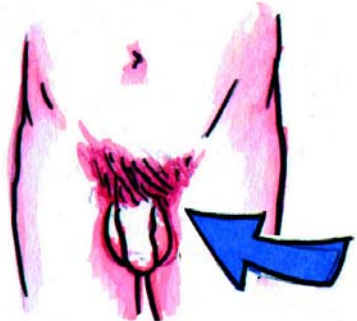
Wash every day when you get up and before you go to bed. Bath or shower at least twice a week.

# Washing your body.

Every part of your body needs washing, but remember to make sure these places are clean.



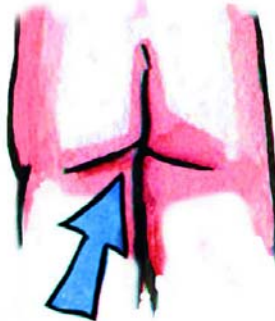
Under your arms.



Between your legs.



Your feet and  
between your toes.



Your bottom.



Your hands and under  
your fingernails.

# What do you need?



To clean yourself properly, you need warm, clean water, soap and a sponge or a facecloth, a towel and a deodorant, if you want.

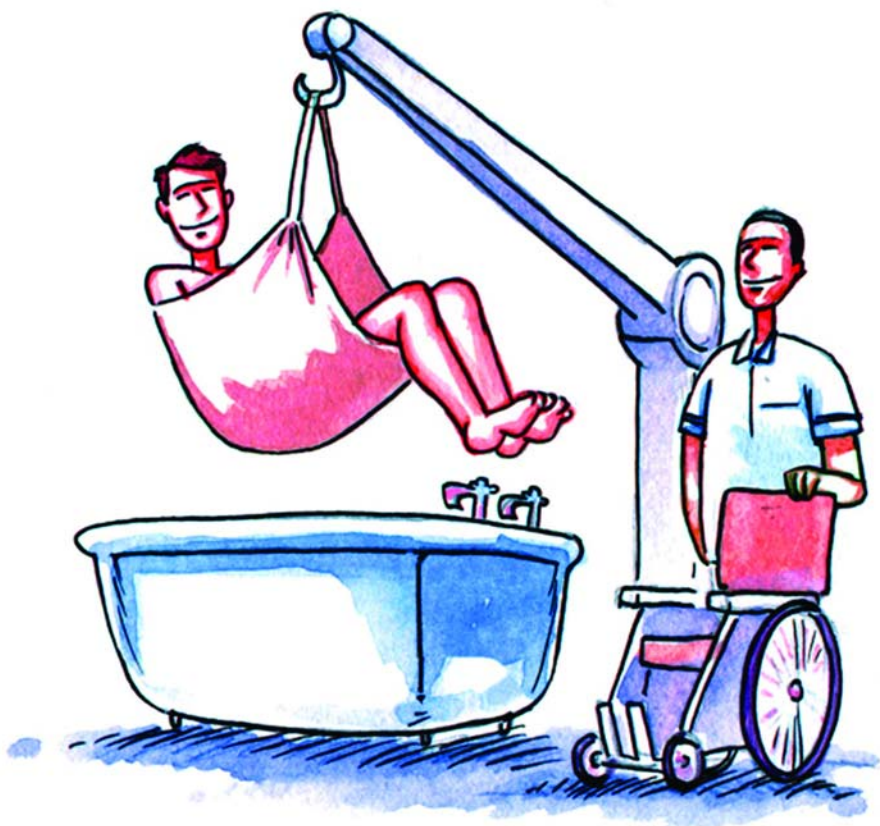


You need to wash your body in private!



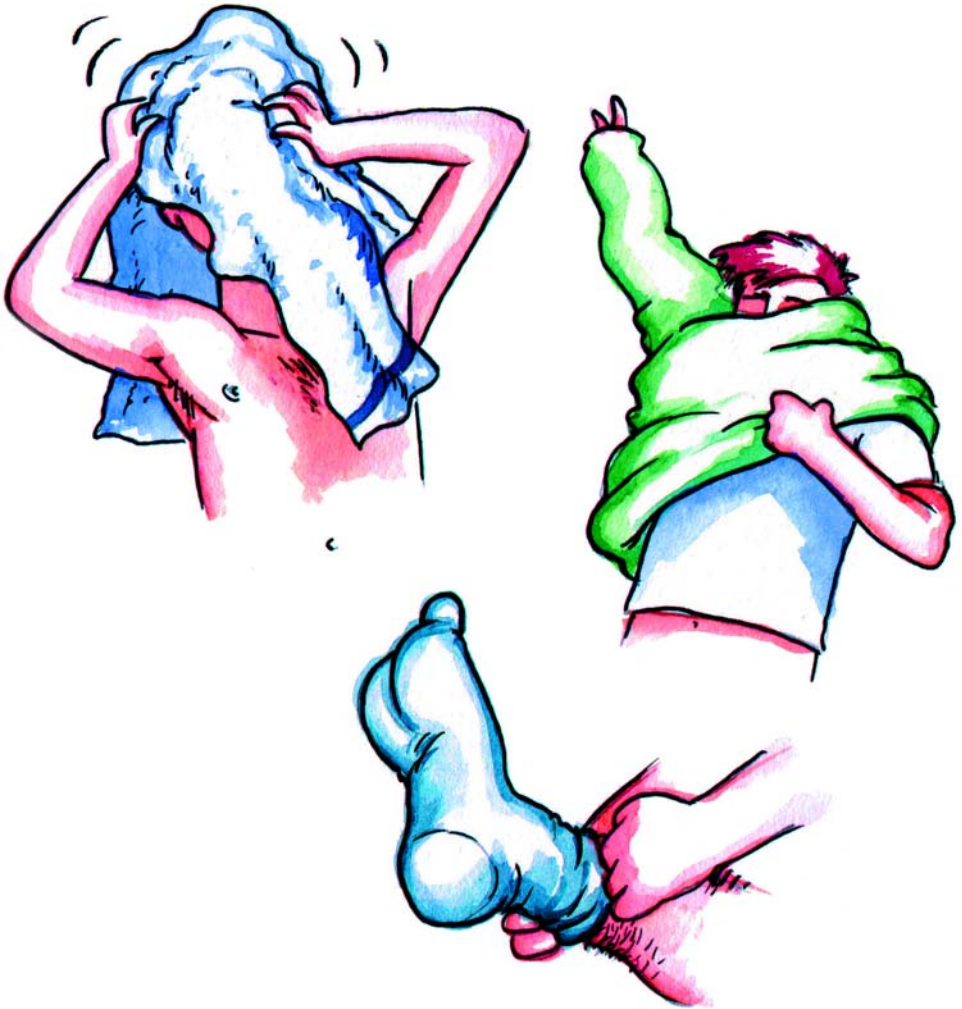
# What if you need help having a bath or shower?

Washing your body can be difficult. If you can't get in or out of your bath or shower by yourself you'll need help from another person. Ask your community nurse what help you can get.



You might need special equipment.  
Your occupational therapist will help with this.

## After washing your body.



Afterward, remember to dry all over with a clean dry towel. Then use a deodorant under your arms if you want and put on clean, dry clothes.

# Why do you need to wash your hair?



If you don't wash your hair regularly, it can get very greasy and tangled. This can make the skin on your head itchy and flaky.

Clean hair looks and smells better too!

# How often should you wash your hair?



Everybody's hair is different. Some guys need to wash their hair every day. Some guys need to wash their hair once a week.



Washing your hair can be quite difficult. Some people might need help to do it.

# How to wash your hair.

Put some shampoo in your hand.  
Rub it into your hair so your hair is full of bubbles.  
It is important to rinse the bubbles out with warm clean water until you can feel your hair squeak.



Dry your hair with a towel, then comb it and style it with a hair dryer if you want.

**So if you keep clean and smelling nice, you'll be healthier and happier!**



**Smell good, look good, feel good!**

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