Don't Raise a Stink!

You've smelled it before - body odor! It is not a nice smell. No one wants to give off a bad odor like that. There are easy ways to make sure you smell clean and pleasant every day.

Good personal hygiene doesn't just make you smell nice. It also helps keep you from getting sick. It helps your mind to feel better, also. If you are clean, you will feel more comfortable.

Your body has almost two million sweat glands. They can make almost a pint of sweat a day. But did you know that sweat itself has no odor? The smell comes from bacteria as they mix with the sweat.

So what is the best way to stop the bacteria from causing body odor? Wash!

Usually, you should take a bath or shower every day. You sweat more when the weather is hot. You also sweat more when you exercise. Sometimes you need to clean your body more often.

A bath or shower doesn't have to take a long time. There are a few simple steps to follow. First make sure you have all the supplies you need. You will need a washcloth, some mild soap, water (of course), and a clean towel.

It might be a good idea to put a rubber mat down on the bottom of the tub. Soapy tubs can be slippery. You can be seriously hurt if you slip and fall in the tub. It is also a good idea to put down a bath mat outside the tub. Make sure it has a rubber backing. Wet floors are also easy to slip on.

Stand outside the tub. Turn the hot water on first. Let it run from the spigot. You might have to wait for it to heat up. Test it by quickly putting your finger in it. When the water is hot, begin mixing in some cold water. Keep testing it in the same way until it is comfortably warm.

Close the shower curtain. Make sure the plastic liner of the shower curtain is all the way inside the tub. This will stop water from getting on the floor. When you are sure the shower curtain is in its proper place, get into the shower at the opening at the back of the curtain. Close the curtain behind you. Then flip the switch to turn on the shower.

If you don't have a shower, draw yourself a bath. Adjust the water the same way you would for a shower. Then put in the plug. Fill the tub halfway with water, get into the tub, and then turn the water off.

After you are in the tub or shower, let the warm water flow over you. Make sure all parts of your body get wet. Put

some soap on your washcloth. Work it into a lather.

Wipe the soapy washcloth over you. Make sure you get to all parts of your body. Rinse and re-soap the cloth often. Do this especially before and after you wash your private parts. It is also important to do after you wash parts that are very dirty, such as your feet.

Now, it's time to rinse your body. Make sure you get all the soap off. This is especially important for your private parts. Then it is time to turn off the shower or drain the bathtub and step out onto the bath mat outside the tub or shower.

Take a clean, dry towel. Gently rub all the parts of your skin with the towel. Make sure to dry your private parts completely. It is also important to dry under your arms and between your toes before you dress.

Next, put on clean underwear. You should change your underwear every day. Use deodorant on your armpits. Put on clean clothes.

People do not enjoy being around someone who often has body odor. Do your best to keep body odor away. Follow these simple steps to keep your body clean every day.

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Questions

1. Name two ways keeping clean helps you.

   _____

   _____

_____ 2. How many sweat glands does your body have?
   A. two thousand
   B. two million

_____ 3. It is the bacteria that mix with sweat that makes it smell bad.
   A. false
   B. true

4. What supplies do you need to take a bath or shower?

   _____

   _____

Name: _____

_____ 5. It is okay to wash your whole body without rinsing and re-soaping the washcloth.

   A. false
   B. true

Name: _____

How many of these can you write about? Think! Write! Check all the ones you answered.

☐ Write a paragraph, in your own words, about why it is a good idea to put a rubber mat down on the bottom of the tub and a bath mat outside the tub.

☐ Write a paragraph about how to keep your body clean and odor free.

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Don't stop writing. Use a blank piece of paper to continue.