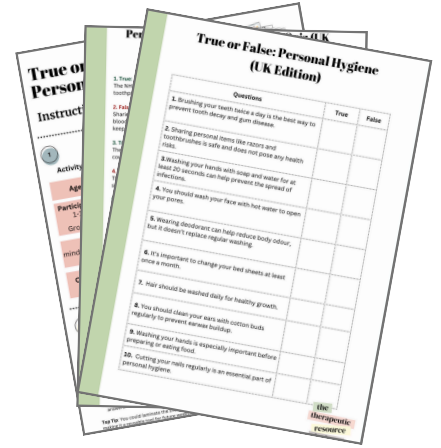


# True or False - Personal Hygiene

## Instruction page



### 1

#### Activity Type

Age: 5-18+

Participation Style:  
1-1 activity

Group activity

Theme:  
Mindful, reflective & organised

Challenge Level  
**EASY**

### 2

#### General Activity Info

##### True or False Activity

Our True or False activity is an engaging way for you to share knowledge with participants. It can be done in a one-to-one setting or within a group. Simply print the worksheet, distribute it, and have participants answer the questions. Once they're finished or after 15 minutes, go through the answers together and discuss them in more detail. Alternatively, you can ask the questions verbally and have participants show True or False flashcards in response. Flashcard templates are available on our website.

##### Personal hygiene, true or false activity:

This True or False activity focuses on personal hygiene, which can be a sensitive topic, especially in a group setting. It addresses common myths and misconceptions while providing valuable information. If you're working with a vulnerable individual who may not fully understand personal hygiene, consider creating care packs together. You can work with them to assemble the packs and have them write instructions on how to use each item and why it's important, have them place the written instructions into each care pack. Once complete, you can distribute the packs to others and suggest they also have one. This approach helps introduce the topic in gentle way.

### 3

#### Materials Needed

- A printed copy of the resource OR Flashcards.
- Pens.
- A dry-erase marker if you plan to laminate the sheet making it reusable.

### 4

#### Step by Step Instructions

1. Print out the true or false quiz sheet **OR** print out our flash cards if you plan on asking the questions verbally.
2. Give participants time to answer the questions. Then go through each questions and their answers.

**Top Tip:** You could laminate the sheet and use a whiteboard pen to mark off completed tasks, making it a reusable tool for future weeks.

# True or False: Personal Hygiene (UK Edition)

Questions	True	False
1. Brushing your teeth twice a day is the best way to prevent tooth decay and gum disease.		
2. Sharing personal items like razors and toothbrushes is safe and does not pose any health risks.		
3. Washing your hands with soap and water for at least 20 seconds can help prevent the spread of infections.		
4. You should wash your face with hot water to open your pores.		
5. Wearing deodorant can help reduce body odour, but it doesn't replace regular washing.		
6. It's important to change your bed sheets at least once a month.		
7. Hair should be washed daily for healthy growth.		
8. You should clean your ears with cotton buds regularly to prevent earwax buildup.		
9. Washing your hands is especially important before preparing or eating food.		
10. Cutting your nails regularly is an essential part of personal hygiene.		

# Personal Hygiene True or False Quiz (UK Edition)

## Answersheet

### 1. True:

The NHS recommends brushing your teeth for two minutes twice a day with fluoride toothpaste to prevent tooth decay and gum disease.

### 2. False.

Sharing personal items can pose health risks, as items like razors and toothbrushes may carry blood or saliva that can transmit infections, including hepatitis and other bacteria. It's best to keep these items personal for hygiene and safety reasons.

### 3. True:

The NHS advice washing hands with soap and water for at least 20 seconds, especially after coughing, sneezing, and before eating, to reduce the spread of germs.

### 4. False:

The NHS recommends using lukewarm water to wash your face as hot water can irritate the skin and cause dryness.

### 5. True:

Deodorant can mask body odour, but it is not a substitute for washing your body regularly with soap and water.

### 6. False:

The NHS recommends changing your bed sheets at least every 1-2 weeks, especially if you sweat a lot at night or have allergies.

### 7. False:

Washing hair daily can strip it of natural oils, leading to dryness. The NHS suggests washing hair 2-3 times a week, depending on your hair type.

### 8. False:

The NHS advises against using cotton buds inside the ears, as they can push earwax further in. The outer part of your ear should be cleaned with warm water and soap or a damp cloth.

### 9. True:

According to the NHS, washing hands before eating and preparing food helps prevent the spread of bacteria and viruses.

### 10. True:

The NHS recommends keeping nails short and clean to reduce the risk of infection and to maintain good hygiene.