

# How to Have Good Hygiene

Proper personal hygiene is crucial to a person's good overall health and wellness because it helps lower the risk for disease and medical conditions caused by the effects of poor hygiene. Plus, being clean and well-groomed can give you higher confidence, self-esteem and positively impact personal relationships. Keep reading to learn a few tips on how to have good hygiene.

## Personal Hygiene Tips

**Bathe:** Bathing not only washes away dead skin cells and dirt, but this is also a preventative measure to reduce the risk and spread of disease. Older adults don't necessarily need to bathe daily to discover the positive effects but showering or taking a bath at least twice a week is recommended.

**Brush and Floss Your Teeth Daily:** Along with regular dental checkups, brushing and flossing daily is a great way to maintain good oral hygiene. Brush your teeth twice a day, once in the morning and once at night, and floss once a day.

**Wear Clean Clothes:** Dirty clothes can harbor bacteria that lead to skin infection. Plus, bacteria and fungi can be found on dirty clothes that can lead to body odor. In order to clean clothing completely, wash with a detergent and dry them immediately upon rinsing.

**Wash Your Hands Frequently:** Hand washing is one of the most effective ways to stop the spread of disease. It's important to wash your hands before and after preparing food, before you eat, after using the toilet, after blowing your nose or coughing, after touching the garbage and after coming into contact with someone who may be sick. Not only should you wash hands, but be sure to do it properly:

1. Wet your hands with clean water and apply soap.
2. Lather your hands by rubbing them thoroughly with soap.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well.
5. Dry your hands with a towel or air dry.

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**Get Restful Sleep:** Restful sleep is essential to wellbeing, no matter your age. Contrary to popular opinion, seniors don't need less sleep than the average person - in fact, all adults need about seven to nine hours a night.

**Create a Routine:** It's best to create a routine when it comes to personal hygiene. This way, you'll have a mental checklist of the things you need to do daily in order to stay clean and healthy.

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Learn more about our vibrant senior living community by [contacting our team](#) today.