



PERSONAL HYGIENE POLICY

Elcam Community Center Only

Effective as of 01 August 2010

Good personal hygiene should be practiced every day. Each Center participant is expected to practice good personal hygiene habits, especially during their involvement in community-based activities.

Good personal hygiene includes **washing your hands** regularly, **bathing daily** (use soap to cleanse your body and shampoo to cleanse your hair) to avoid bad body odor; **brushing your teeth** every day (brushing your teeth helps promote healthy teeth and gums as well as defeating bad breath); grooming yourself as needed (keeping your hair neat and tidy and keeping your fingernails and toe nails cleaned and trimmed helps keep your skin and hair healthy); **applying deodorant** daily to avoid bad body odor); and **dressing in clean** (no dirty or soiled clothing), **appropriate** (no low-cut shirts or sweaters and no obscene words or pictures on outer clothing) **and well fitting clothing**. Also, **no sharing of personal clothing items** – no exceptions – while at the Center.

Cleanliness is imperative to a healthy lifestyle. It is essential to practice good personal hygiene habits for both social and health reasons. The germs and bacteria that you may come in contact with on a daily basis can be harsh on the body and can cause health problems. And, an individual that has poor personal hygiene runs the risk of being left out or even ridiculed by peers or others. Good personal hygiene can enhance your self-confidence and improve your chances of success in many areas of life.

If a Center participant has bad hygiene practices and has made no attempt to improve his/her personal hygiene before involvement in a community-based activity, the Center participant will not be permitted to participate in the community-based activity until such time that the individual is properly groomed.

Thank you.

Naomi A. Tucker, Director
Elcam Community Center