

KEEP IT FRESH



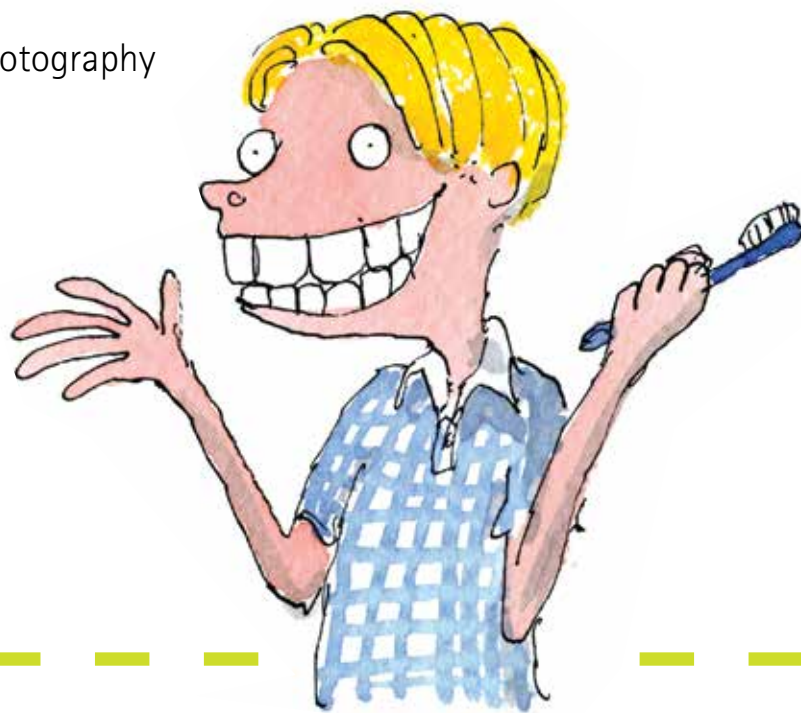
HOW TO KEEP YOURSELF
CLEAN AND HEALTHY



Editors: Felicia Law
Dr Saranne Taylor
Researchers: Ellie Henderson
Naomi Anderson
Illustrations: Rupert Van Wyk
Lyn Gray
(Graham Cameron Agency)
Asst Editor: Aimée Jackson



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p6-7 Tracy Whiteside
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You probably think you're doing all you can to keep yourself clean. After all, you shower and clean your teeth and only panic about hygiene when you start to smell! But there are plenty of health hazards lurking in your environment, and you can certainly do your best to make sure they don't attack you.

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Your SKIN

Skin covers every part of your body. It's a tough, waterproof wrapping, which is elastic enough to allow you to move in every direction. Its most important job is protection. Skin protects your body from such things as heat, cold, wind, dirt and germs. Your skin is also a great revealer of what's going on inside your body. It will react if you are in poor health, or if you're cold or feverish. It will also give you away when you're emotionally upset, particularly if you're cross or embarrassed!



SKIN FOOD

Moisturiser

Moisturisers are creams which you apply to those areas of your skin that feel especially dry or tight after washing. These creams help trap natural moisture and keep it under the skin. You also need to use a moisturiser if you're going out in the hot sun or in wind or rain, because all of these dry skin out. Boys should use a moisturiser after shaving.

Soap

There's nothing wrong with soap and water as a cleanser, but most kinds will dry out your skin. Soap cleans by removing surface grime and grease – along with natural skin oils so avoid using it on sensitive facial and genital areas.

Toners

A skin toner can be used after cleansing your face to take off any last traces of dirt or grease. Soak a piece of clean cotton wool with toner and pat it gently over your face and neck. It should leave your face feeling fresh and tingly. Toners are best for people with oily skin.

