

## **PERSONAL HYGIENE FOR RESIDENTS**

The way you think about yourself is the way you will look.

If homelessness has caused you to feel less confident about yourself, make the decision today to change the image you have of yourself.

Start keeping your hair clean and neat, if that has been something you have been neglecting.

Start wearing makeup if you used to wear it. Even around the house when you think no one will see you. YOU will see you. Your children will see you and your self image will see you.

The following rules are to help you in your personal hygiene, but remember, they ARE rules and they must be followed.

### **Personal Hygiene Required**

1. Bathe every day.
2. Hair must be washed at least once a week.
3. Use deodorant every day.
4. Brush teeth every morning and night.
5. Wear clean underwear every day.
6. Wear shoes at all times.
7. Dispose of sanitary napkins according to rules.  
Place napkin or tampon in plastic baggy provided.  
Place plastic baggy in brown paper bag provided.  
Put in wastebasket.

If you do not have the necessary personal hygiene items to follow these hygiene rules, let your House Manager know. She will supply them for you.

Be all that you can be! Keep yourself pretty! See yourself as pretty on the inside of you! Try it, you'll love it!