



## EMERGENCY CARE WALL



NWT Helpline: 1 (844) 259 1793  
 Kids Help Phone: 1 (800) 668 6868  
 Text Line: text TALK to 686868

Canada Suicide Prevention Services: 1 (833) 456 4566

Department of Healing and Community Wellness  
 Phone: (867) 392-6381 Ext. 1371  
 E-mail: Healing@Tlicho.ca

## Department of Healing and Community Wellness

### Clean Teens Hygiene Program



## How To Take A Shower The Right Way



### 1. Get the Water Temperature Just Right

Warm water is best for a shower to be comfortable without drying out the skin, Avoid using very hot water because it strips the skin of its natural oils.

### 2. Brush Your Hair Before Getting It Wet

Always go over your hair before you get in the shower to work through any tangles, starting at the bottom and working your way up. After you shower, gently brush it out again.



### 3. Shampoo Thoroughly

When shampooing, make sure to distribute the product evenly—don't just pour it on top of your head. Put a quarter size amount into your hands and work it in all over. Make sure to get the back of the neck, especially if you have long hair. *Most people forget that and it can actually be the oiliest area.* Keep scrubbing for at least 30-60 seconds before rinsing."

### 4. Don't Leave Conditioner on for Extra Time

"The effects of conditioners are instant because by the time you get to that step, your hair is swollen from water molecules, so the conditioner can't further penetrate your hair. Most of the benefits of standard formulas come from coating the hair's surface to smooth and protect the cuticle. And use a deep conditioner or hair mask just once a week."

### 5. Cleanse Your Body Safely

A bar soap is sanitary, and can be shared if needed, but a loofah is *not*. A Loofah can harbor bacteria, mold, yeast, and a host of other nasty things. If you want to use one, allow it to dry completely every day and replace it frequently.

Most dermatologists advise getting rid of your loofah's altogether, but if you can't imagine giving up the rich lather, replace your loofah monthly.

### 6. Wash Your Face at the Sink

When you wash your face with warm water, your pores open, letting the product penetrate the skin and work its acne-fighting magic. The trick is to follow that warm water up with a cold water rinse at the end. Cold water will close the pores, which is key because open pores are a gateway for bacteria to enter. So, unless you like taking cold showers, washing your face can be easier to do at the sink where you can splash cold water on your face without dousing your entire body in it.

## RELAXING 20-STEP ROUTINE: SELF-CARE SHOWER

### PRE-SHOWER

1. Brush Your Hair
2. Dry Brush Your Skin
3. Set the Water Temp



### AFTER SHOWER

1. Dry Hair w/ a T-Shirt
2. Comb Hair
3. Hair Care
4. Skin Care
5. Moisturize
6. Continue Self Care Night!

### IN SHOWER

1. Rinse & Shampoo
2. Scrub Scalp
3. Rise w/ COOL Water
4. Apply Deep Conditioner
5. Wash Body w/ GENTLE Soap
6. Scrub & Exfoliate
7. Shave
8. Wash & Exfoliate Face
9. Comb Hair
10. Rinse Hair w/ Cool Water
11. Rinse Body

## 8 Oral Hygiene Habits to Keep Your Teeth and Gums Healthy

1 Use Fluoride Toothpaste

Use Mouthwash

3 Don't Forget Your Tongue

4 Floss Daily

5 Brush Your Teeth the Proper Way

6 Change Your Toothbrush Regularly

7 Choose Water over Sugary Drinks

8 Go for Regular Dental Check-Ups



Diet and exercise play an important part in keeping us healthy. But did you know that a healthy mouth is also an important part of a healthy body?

**Oral health** is part of your overall health. With a healthy mouth you can eat, speak and smile in comfort, which helps you feel physically, socially and mentally well. A healthy mouth helps you enjoy life.

Oral disease, like any other disease, needs to be treated. A chronic infection, including one in the mouth, is a serious problem that should not be ignored. Yet bleeding or tender gums are often overlooked.



Soft drinks—even the sugar-free ones—contain acid that erodes tooth enamel. If you must, drink them quickly and use a straw to avoid extended contact with your teeth.

## Some Tips to Remember:

How you wash your face can make a difference in your appearance. Follow these tips from dermatologists to help you keep your face looking healthy.

1. **Use a gentle, non-abrasive cleanser** that does not contain alcohol.

2. **Wet your face with lukewarm water and use your fingertips** to apply cleanser. Using a washcloth, mesh sponge, or anything other than your fingertips can irritate your skin.

3. **Resist the temptation to scrub your skin** because scrubbing irritates the skin.

4. **Rinse with lukewarm water and pat dry with a soft towel.**

5. **Apply moisturizer** if your skin is dry or itchy. Be gentle when applying any cream around your eyes so you do not pull too hard on this delicate skin.

6. **Limit washing to twice a day and after sweating.** Wash your face once in the morning and once at night, as well as after sweating heavily. Perspiration, especially when wearing a hat or helmet, irritates the skin. Wash your skin as soon as possible after sweating.

## How should you WASH YOUR FACE?

**STEP 1**  
Wet your face with warm water.



**STEP 2**

Apply a dollop of cleanser to your hands and gently massage it into your skin, avoiding your eyes, mouth, and nostrils.



**STEP 3**

Rinse your face with warm (not hot) water.



**STEP 4**

Pat—don't rub—your face dry with a clean cotton towel.



**STEP 5**

Follow up quickly with a moisturizer.

