

Self-care checklist

- Shower or bath every day
- If you have a penis, gently wash under the foreskin (if uncircumcised)
- If you have a vagina, clean around the vulva
- Wear clean underwear every day
- Wash feet and change socks every day
- Wash hair using shampoo
- Brush hair morning and night
- Wash face with soap and water
- Wash underarms and use deodorant
- Brush teeth at least twice a day
- Keep nails clean and tidy
- Shave facial hair with gel/soap and razor
- Do your laundry
- Use a tissue to blow your nose
- Wash your hands before and after eating and after using the washroom