

# daily personal hygiene checklist



- Brush teeth
- Floss teeth
- Wash face
- Shower
- Shampoo hair
- Condition hair
- Moisturize skin
- Clean ears
- Trim nails
- Use deodorant
- Apply sunscreen
- Cleanse body
- Comb hair
- Wear clean clothes
- Apply perfume

**additional:**

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**notes:**

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# Personel Hygine Check List

**Christian Drosten**



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