

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Personal Hygiene - 5**

**ENGLISH**

To keep your body clean and avoid odor, it is also important for you to wash your clothing and your bedding on a regular basis. Mrs. Li makes sure that she and her daughter wear underwear only once before washing it and they put on clean underwear each day.

All children and adults should wear clean underwear every day. Children must be covered by underwear when they are not at home, or a diaper if they don't know how to use a toilet yet.

Mrs. Li also makes sure that socks are worn only *once* before being washed again, and that her family puts on clean socks every day.

Shirts and clothing that touches the neck and underarms can be worn one or two times before washing. Pants or trousers can be worn two or three times before washing.

Mrs. Li also regularly changes the sheets on her own bed and her daughter's bed. She always uses sheets to cover the bed mattress. Sheets should be washed regularly, at least every two weeks.

If her daughter has an accident and urinates or soils the sheets while sleeping, the sheets must be washed *immediately*.

Mrs. Li understands that younger children's bodies can't always hold urine all night long. She would never get angry or punish her child for accidentally urinating in her sleep, because this is natural and the problem should go away as her daughter gets older.

Washing machines are sometimes provided in a furnished apartment building, or can be found in a laundromat. They are easy to use and make washing clothes and bedding very simple.

Unless you have a washing machine in your *own* apartment, you need to bring money to operate most washing machines and dryers.