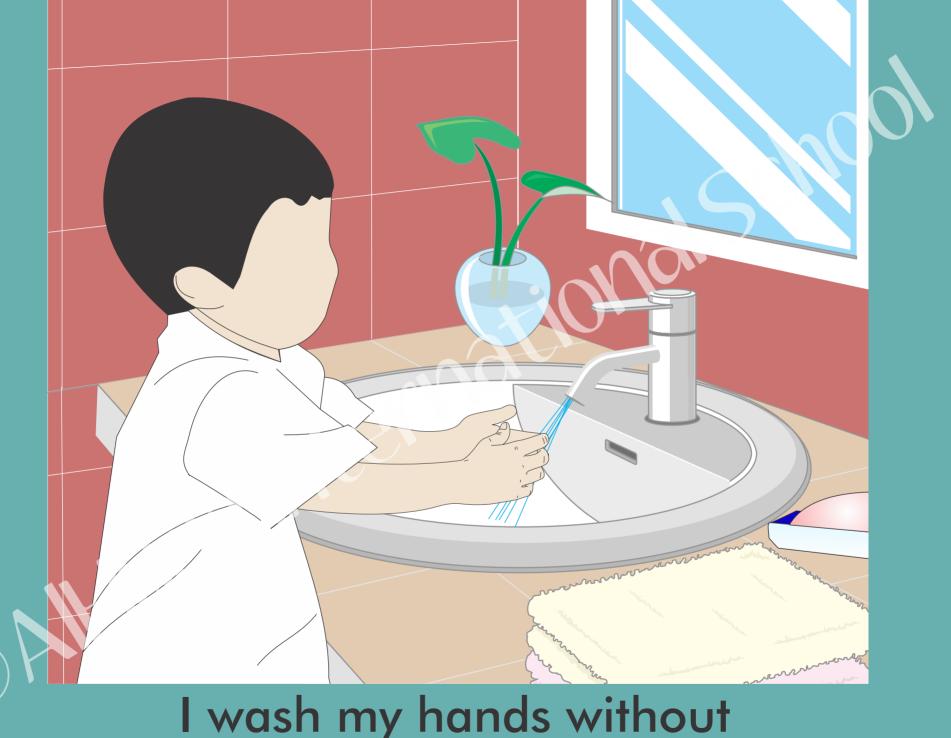
lama Muslim, Lam Clean



I wash my hands without wasting water



I keep my teeth clean



I make wudū



I take shower regularly



I daily put on clean undergarments



I wear clothing putting right sleeve first



I wear clean clothes



I brush my hair starting from right side



I keep my hair lice free



I clip my nails starting with right hand and right foot first.



I wear clean socks putting right sock first while wearing



I keep my shoes in open air



I cover mouth when I sneeze or cough