



Be friends with your hygiene pals...

Check yourself...

 Do I keep my dress neat and clean?

*Prophet Muhammad (S.A.W) said:
"Cleanliness is half of Iman" [Sahih Muslim]*

 Do I take a bath everyday?

*Prophet Muhammad (S.A.W) said:
"If any of you finds it to be Friday, he should take a bath" [Bukhari]*

 Do I brush and use miswak twice a day especially after meals?

*Prophet Muhammad (S.A.W) said:
"Use miswaak, for verily, it purifies the mouth and it is a means to gain the pleasure of Allah". [Ibn Majah]*

 Do I keep my hair, nails, ears, nose clean?

Did u know! Around 70% of common illness are spread by hands that have touched everyday surfaces"

 Do I change my undergarments everyday?

Did you know! Sweat itself is odorless. It's the bacteria on the skin that mingles with it and produces body odor.



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