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 miswak, 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.

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

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

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

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

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