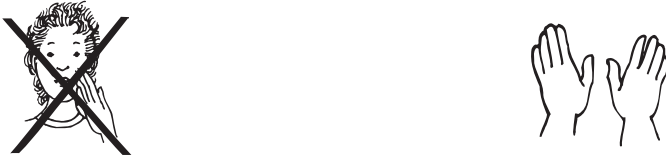


# What Can I Do About Acne?

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I can help my acne get better.



I will try not to touch my face with my hands.



I will try to keep my hair off my face.



I will try to wash my face twice a day with soap and water.



Drinking lots of water may help my acne.



I may get medicine from a doctor for my acne.

# Biting My Nails

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I like to bite my fingernails.



Biting fingernails is not a healthy habit.



Putting fingers in my mouth gives me germs.



Biting my fingernails might make me sick.



Sometimes my fingers bleed when I bite my nails.



I will try not to put my fingers in my mouth.

# Using Deodorant

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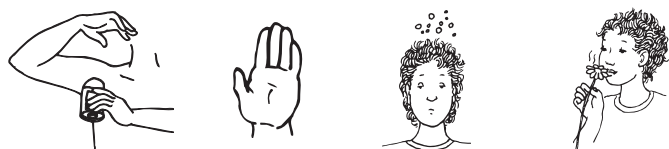
My underarms smell bad when I sweat.

body odor

This is called "body odor."



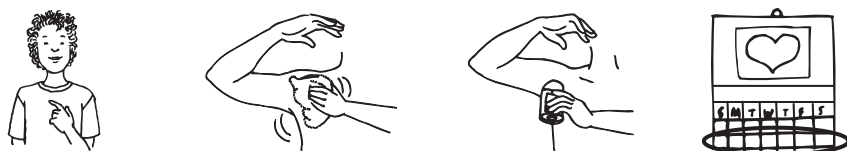
People don't like to smell body odor.



Deodorant stops the bad smell.



I can put deodorant under my arms.



I will try to wash and use deodorant every day.