



令和4年11月 1日
川口市立高等学校
定時制保健室

How are you all?

The wind has turned cold and coats are needed. November is considered the month with the largest temperature drop of the year. It will be colder more rapidly than the main winter months of December and January, so please take care not to catch a cold.

What is today?

November is full of anniversaries!



Braille Day, Good Attitude Day

Japanese Braille was created in 1890.



Ventilation Day



Open two places to create air passage.



World Toilet Day



What can we do to ensure that all people have access to safe water and toilets?



Good Tooth Day, Good Skin Day

If you have carious teeth, treat them as soon as possible.



Good Toilet Day

Use it to keep a clean toilet.



Good Bath Day



Soak in hot water to warm up and relax.



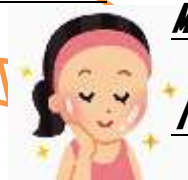
Good Skin Day

Good Skin Day was established in 1989 by the Japanese Society of Clinical Dermatologists to promote skin health and correct knowledge of skin diseases.



Human skin consists of three layers from the outside: epidermis, dermis, and subcutaneous tissue, with a total area of 1.6 m² for an adult. The epidermis is further divided into stratum corneum, stratum granulosum, stratum spinosum, and stratum basale. It takes two weeks for the stratum corneum to peel off as a red layer, and in turn, a new stratum corneum born by cell division in the basal layer two weeks earlier arrives via the stratum spinosum and stratum granulosum.

Maintaining 20% moisture content
is the condition for 'beautiful skin'.



Moisturize your skin and stay beautiful!

I want to be my glowing self!

