



# Body Odour

- **Body odour is an unpleasant smell that happens when we sweat**
- **Everyone can have body odour. It is caused by bacteria on the skin reacting with sweat and dirt. This is all healthy and normal but it can become a bit smelly. Sometimes we don't notice our own body smells, because we are used to it, but we might notice it on other people.**
- **Washing with soap or shower gel each day is usually all we need to do to keep our skin clean. As we get older we need to wash our armpits carefully as they can easily become sweaty and smelly. Some people also choose to put a deodorant on their armpits. These reduce the amount of sweat produced and combat smells.**
- **Everyone can sweat and become smelly. Washing carefully each day helps. Sometimes people need deodorant. When other people have body odour we try to ignore it.**

