



# PERSONAL HYGIENE

# What is hygiene??

- Hygiene is a set of practices performed to preserve health.
- According to the World Health Organization (WHO), "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases."
- Personal hygiene involves those practices performed by an individual to care for one's bodily health and well being, through cleanliness.

- It includes such personal habit choices as :

- How frequently to bathe
- wash hands
- trim fingernails
- change clothing.

It also includes attention to keeping surfaces in the home and workplace, including bathroom facilities, clean and pathogen-free.

# *How you practice good hygiene??*

Good personal hygiene is essential for good health. Personal hygiene habits such as washing your hands and brushing and flossing your teeth will help keep bacteria, viruses, and illnesses at bay. And there are mental as well as physical benefits

If you want to minimize your risk of infection and also enhance your overall health, follow these basic personal hygiene habits:

Bathe regularly

Wash your body and your hair often

Trim your nails

Brush you teeth

Wash your hands

Sleep tight



# Why do we need water to survive?

- ❑ Humans need to drink water to survive.
- ❑ Your body is approximately 60 percent water,
- ❑ your brain is 70 percent water,
- ❑ your lungs are nearly 90 percent water.
- ❑ Each day, your body must replace 2.4 liters of water





**Regulates body temperature**



**Moistens tissues such as those in the mouth, eyes and nose**



**Protects body organs and tissues**



**Lubricates joints**



**Helps prevent constipation**



**Lessens the burden on the kidneys and liver by flushing out waste products**

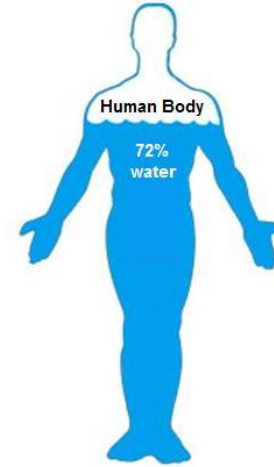


**Helps dissolve minerals and other nutrients to make them accessible to the body**



**Carries nutrients and oxygen to cells**





## *Water to Body*

Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions.

The body loses water through breathing, sweating, and digestion, which is why it's important to rehydrate by drinking fluids and eating foods that contain water.



# Hair care tips

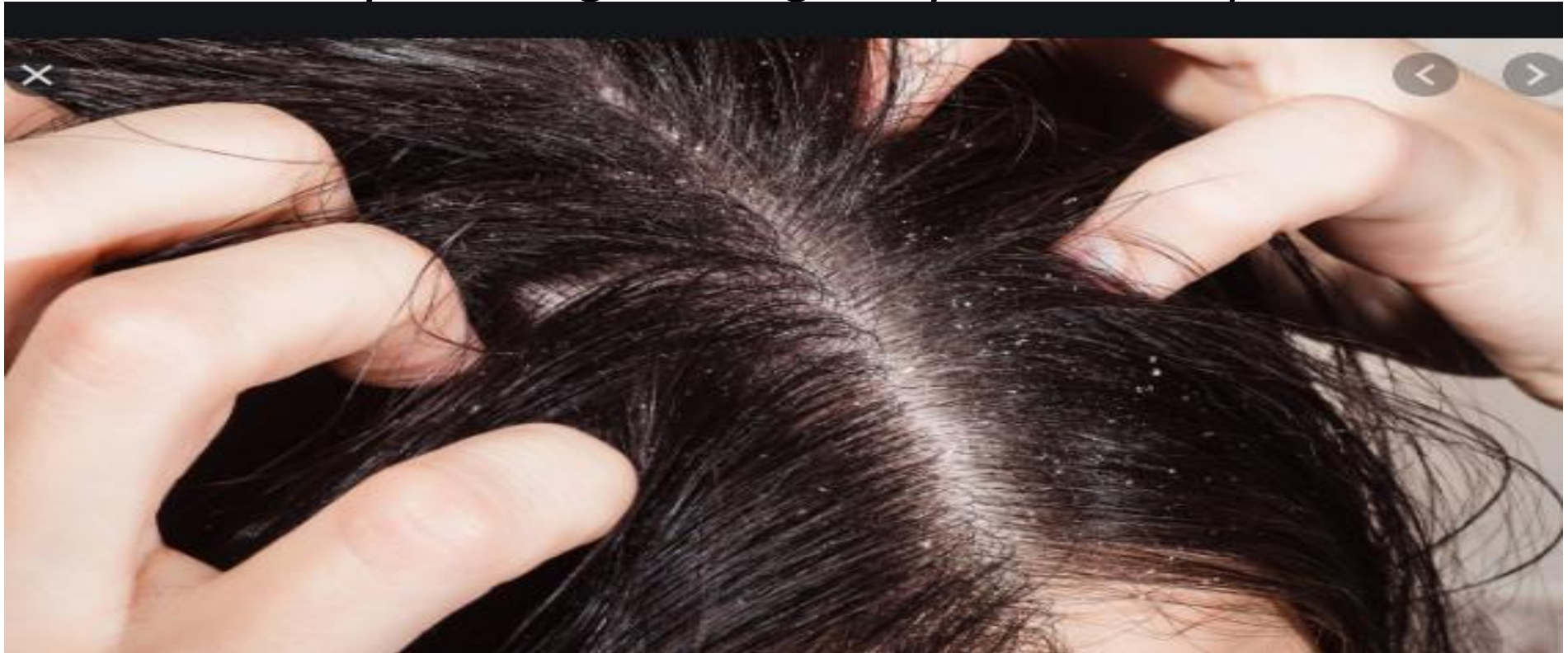
- Wash hair regularly with shampoo
- Massage your scalp well, it will remove dead skin cells, excess oil and dirt
- Brush hair daily
- Wash combs and brushes frequently
- Don't share combs, brushes etc.





# Dandruff

- A flaking of the outer layer of dead skin cells on the scalp. This condition is usually caused by dry skin. It is aggravated by dirt, dust. It can be controlled by washing hair regularly with shampoo



# Head lice

- Parasitic insect that live on the hair shaft and causes itching
- Lice are easy to catch from other people.
- To treat head lice
  - Don't share- combs, brushes, hat and other hair things
  - Use shampoo and wash your hair
  - Use medicine if necessary





# Skin

- Body odor
- Acne
- Skin infections

## SKIN PROBLEMS



# Skin care tips

- Bathe or shower regularly using soap
- Do not scrub violently
- If possible wash or shower after sweating
- Wear clean clothes
- Maintain a healthy diet
- Wash your face two times a day
- Avoid touching acne except when washing
- Don't squeeze or pick the pimples
- Keep hands clean by washing them often



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# Teeth

- Brush regularly for 2-4 minutes
- Wash your mouth with water after every meal
- Use a soft bristled brush
- Replace your toothbrush every 2-3 months or after an illness
- Include food that contain calcium such as milk and curd
- Limit intake of sugar
- See a dentist when necessary



# Hand hygiene

- Wash hands with soap after getting in contact with dirt or after meals
- Rinse well and dry your hands
- Keep nails trimmed, but do not cut nails shorter than skin level
- Keep nails clean



# Feet care

- Wash your feet well at least once a day
- Dry them carefully, especially between the toes
- Avoid walking barefoot in public areas and common toilets



- Re-wearing dirty clothes many times or sharing dirty can lead to skin infections.
- Unpleasant body odor can also arise from bacteria that accumulate on stains,
- Shoe hygiene is also important.







- Do not wear used undergarments again without washing it properly using detergent
- Your uniform, socks, handkerchief need to be properly washed and dried in sunlight before wearing it again
  - Use hot water to soak clothes, once in a while
- Extra care is to be taken while washing used clothes after sports activities or any health issues
  - Use quality nice-smelling products to feel good

## WEAR IT & WASH IT

- The National Health Service states that everyone has bacteria inside and outside the body. Clothes capture the bacteria, making them risky to wear again without washing.
- Dirty underwear has more traces of germs from body fluids and traces of defecation, which makes infection more likely if worn again without washing.
- The only way to prevent the spread of germs found on clothes from normal wear is to wash them, and it is important to wash hands after contact with dirty laundry.

# Menstrual Hygiene



## Simple Steps to have Healthy Periods



**Change  
Napkins  
2-3 Times  
a Day**



**Dry Undergarments  
Under the Sun**

**Keep Clean  
and Dry!**



**And it is  
completely fine  
to **talk** about it!**

**W.**



# Tips for menstrual hygiene

- Change napkins regularly (within maximum 6 hrs)
- Remember to take change of napkins whenever going out
- Wash the genital area after each use of toilet, also after urination
- Keep the genital area dry



- Take bath everyday during menses
- Do not wash insides of vagina with soap or any other product
- Dispose sanitary pads safely.
- Do not leave them in the open where it can attract flies, insects or animals



# What if using a cloth?

- Ensure that clean, soft, dry and absorbent cloth is used
- In case being reused, it must be washed thoroughly and dried in private, sunny place
- Store in a clean and dry place
- Do not share this cloth with anyone
- After multiple use, dispose off this cloth

THANK YOU