

PERSONAL HYGIENE

MEANING

- Hygiene is defined as a set of practices performed for the preservation of health.
- Personal hygiene may be described as the principle of maintaining cleanliness and grooming of the external body.
- Personal hygiene refers to the comprehensive cleaning of and caring for your body.
- Maintaining good personal hygiene includes bathing, washing your hands, brushing your teeth and wearing clean clothing.

- People have been aware of the importance of hygiene for thousands of years.
- The ancient Greeks spent many hours Bathing, using fragrances and make up in an effort to beautify themselves and be presentable to others.
- Personal hygiene is about keeping your body clean and healthy.
- Good personal hygiene can make you less likely to become sick.
- It also helps you look and feel your best.

Importance of personal hygiene

- Body Image
 - Body image influences self-esteem, confidence and motivation.
- Social Reasons
 - By ensuring that our body is clean and well presented, we are more assured of projecting a positive body image that reflects our personalities.
- Health Reasons
 - Poor hygiene can lead to poor health.
- Psychological Issues
 - By being well presented, clean and tidy, people can feel more confident

HYGIENE MAINTENANCE

Washing the body helps keep it free of
disease-causing germs

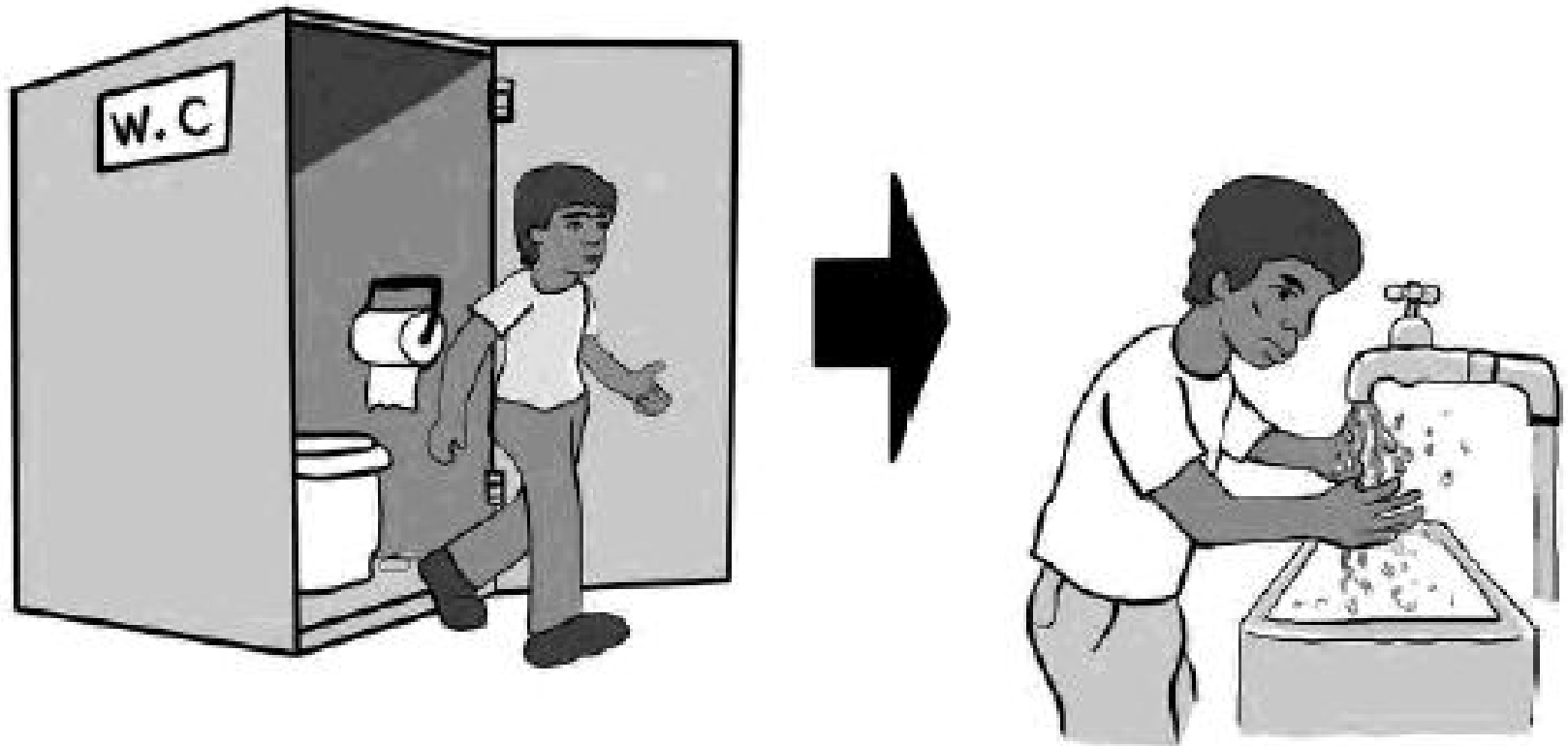


Cleaning teeth helps keep gums and
teeth healthy.

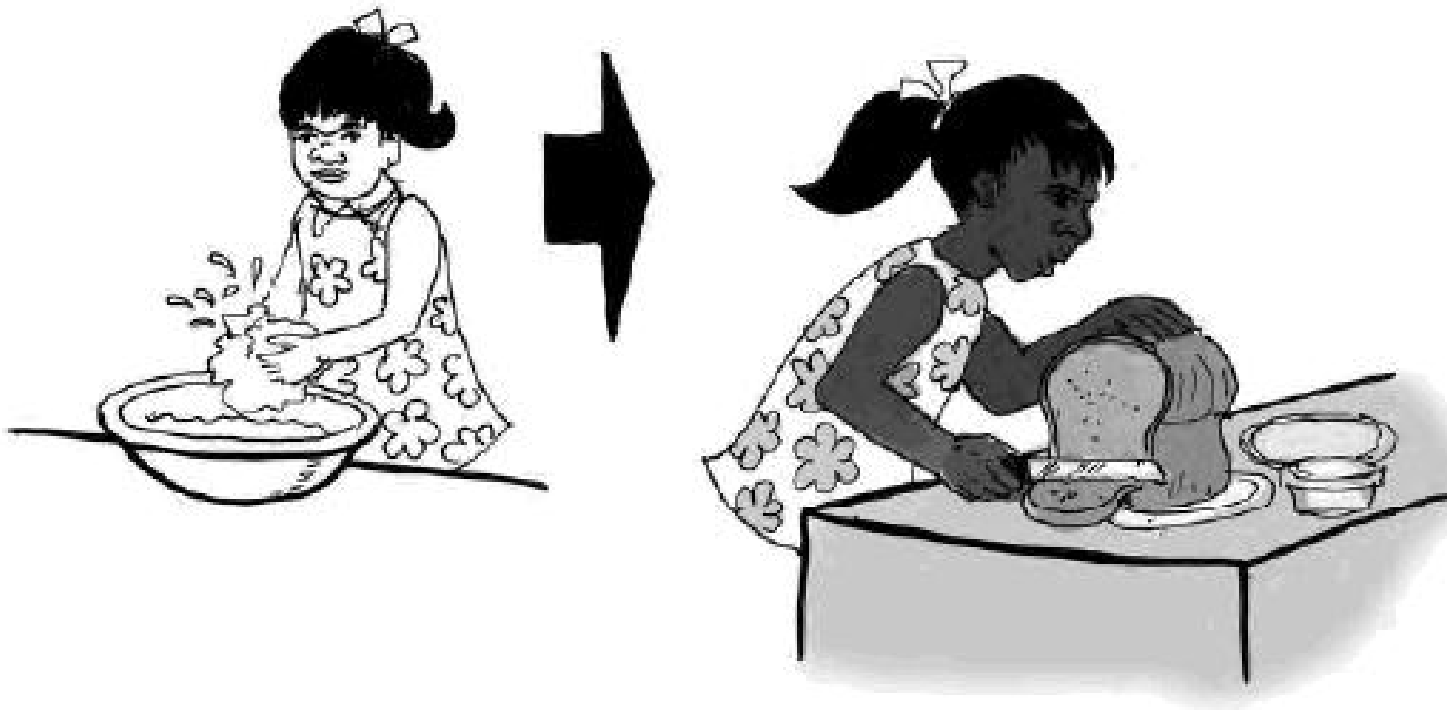


- Brush your teeth after each meal. Use a soft brush and fluoride toothpaste. Brush the front, back, and top of each tooth.
- Floss at least once a day. Use about 18 inches of dental floss each time. Floss between all teeth.
- See your dentist every 6 months (or as often as you're told) for a dental checkup.

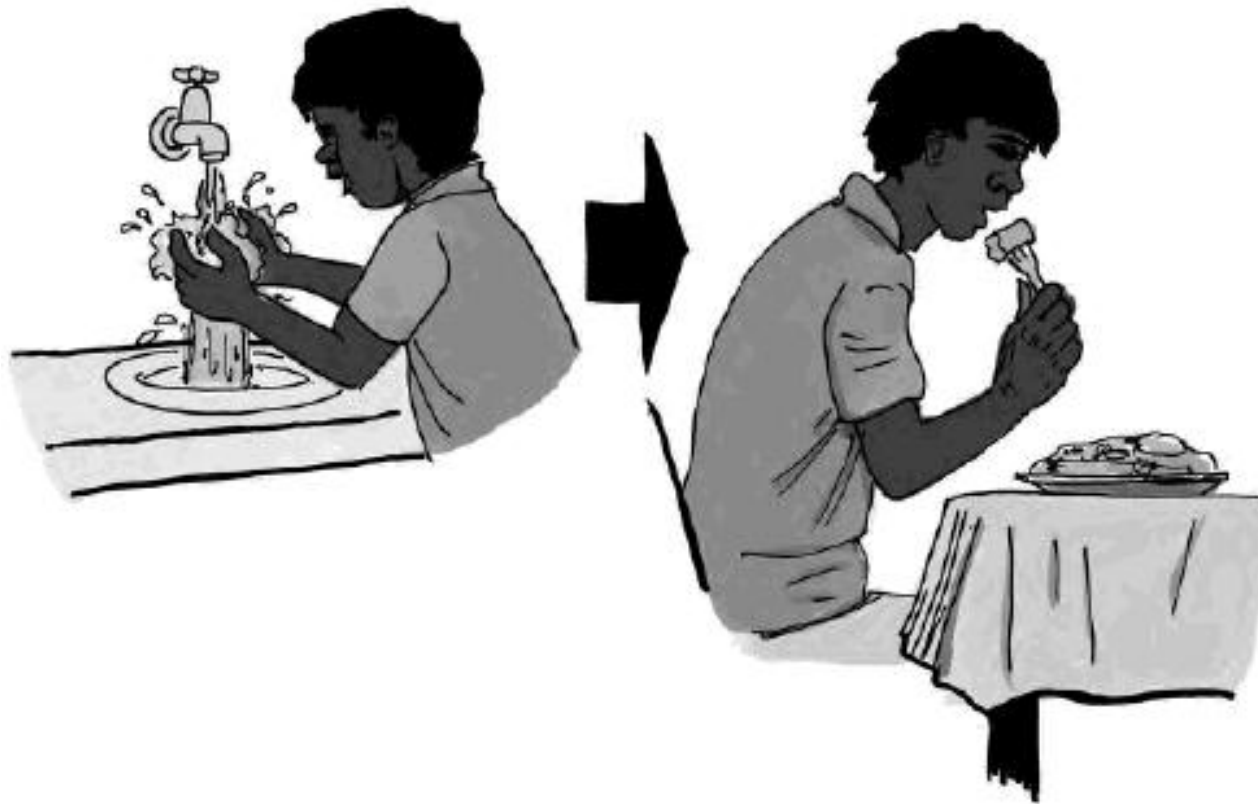
Washing hands after going to the toilet helps stop the spread of germs.

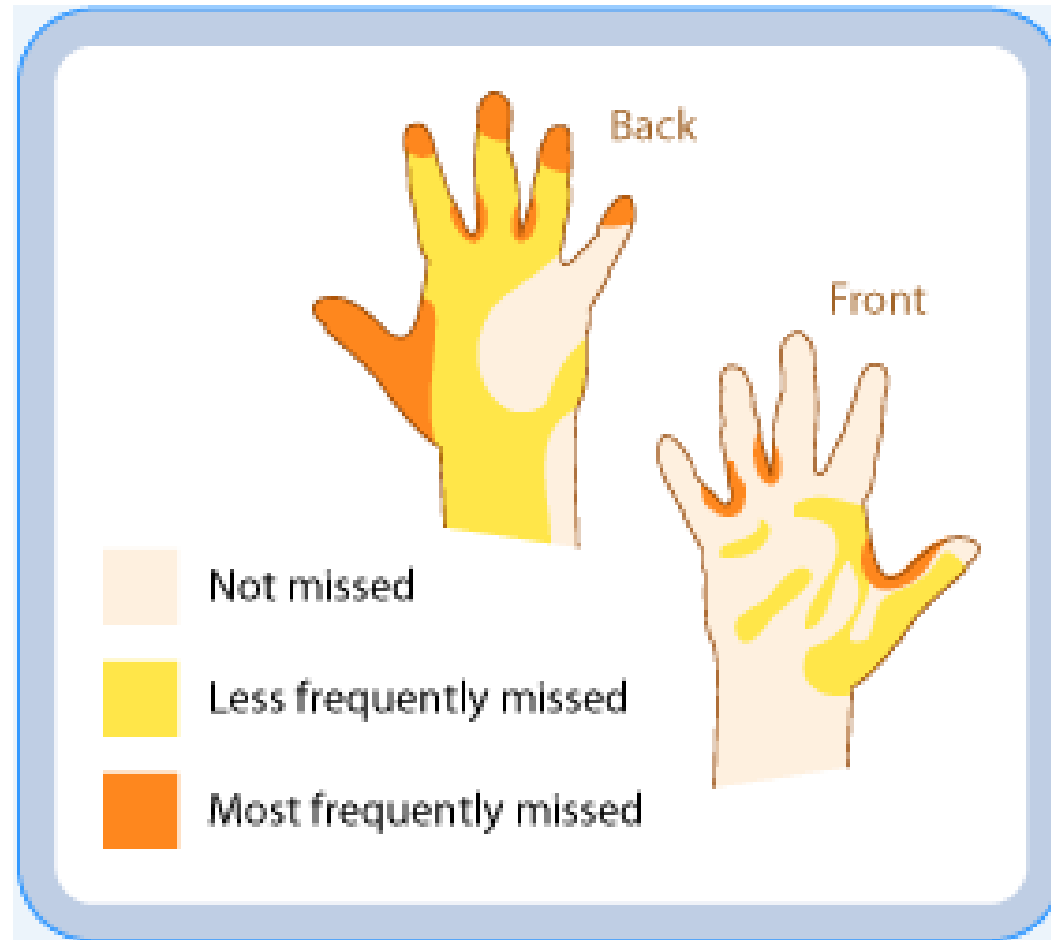


Washing hands before preparing food helps keep germs out of our bodies.



Washing hands before eating food helps
stop germs getting into our bodies





Washing clothes helps keep them free of disease-causing germs.



Hanging clothes in the sun helps to kill some disease-causing germs and parasites.



Covering the nose and mouth when sneezing helps stop the spread of germs.



Overcrowding helps spread germs and parasites such as scabies.



Other hygiene maintenance

- Hair hygiene
- Skin hygiene
- Oral hygiene
- Hand hygiene
- Feet hygiene
- Nail hygiene

Some of the effects of bad personal maintenance are

- Head Lice
- Dandruff
- Bad Breath
- Ear Wax
- Body Odour
- Urinary Infection