

# Personal hygiene



Personal hygiene may be described as the principle of maintaining cleanliness and grooming of the body.

Personal hygiene includes washing and grooming of-

Hair

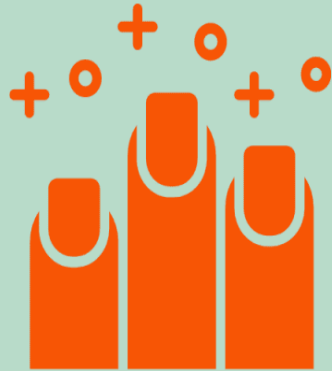
Face and skin

Teeth

Ears

Hands and nails

Feet



**Nail Hygiene**



**Hand Hygiene**

# Take Care of Your Personal Hygiene

[wikihealthnews.com](http://wikihealthnews.com)



**Dental Hygiene**



**Toilet Hygiene**












**Sickness Hygiene**



# PERSONAL HYGIENE

Listen and choose



# What is Personal Hygiene?

Brush teeth at  
least twice a day



Shower daily



Use  
deodorant



Wash hair  
regularly



Shave Daily



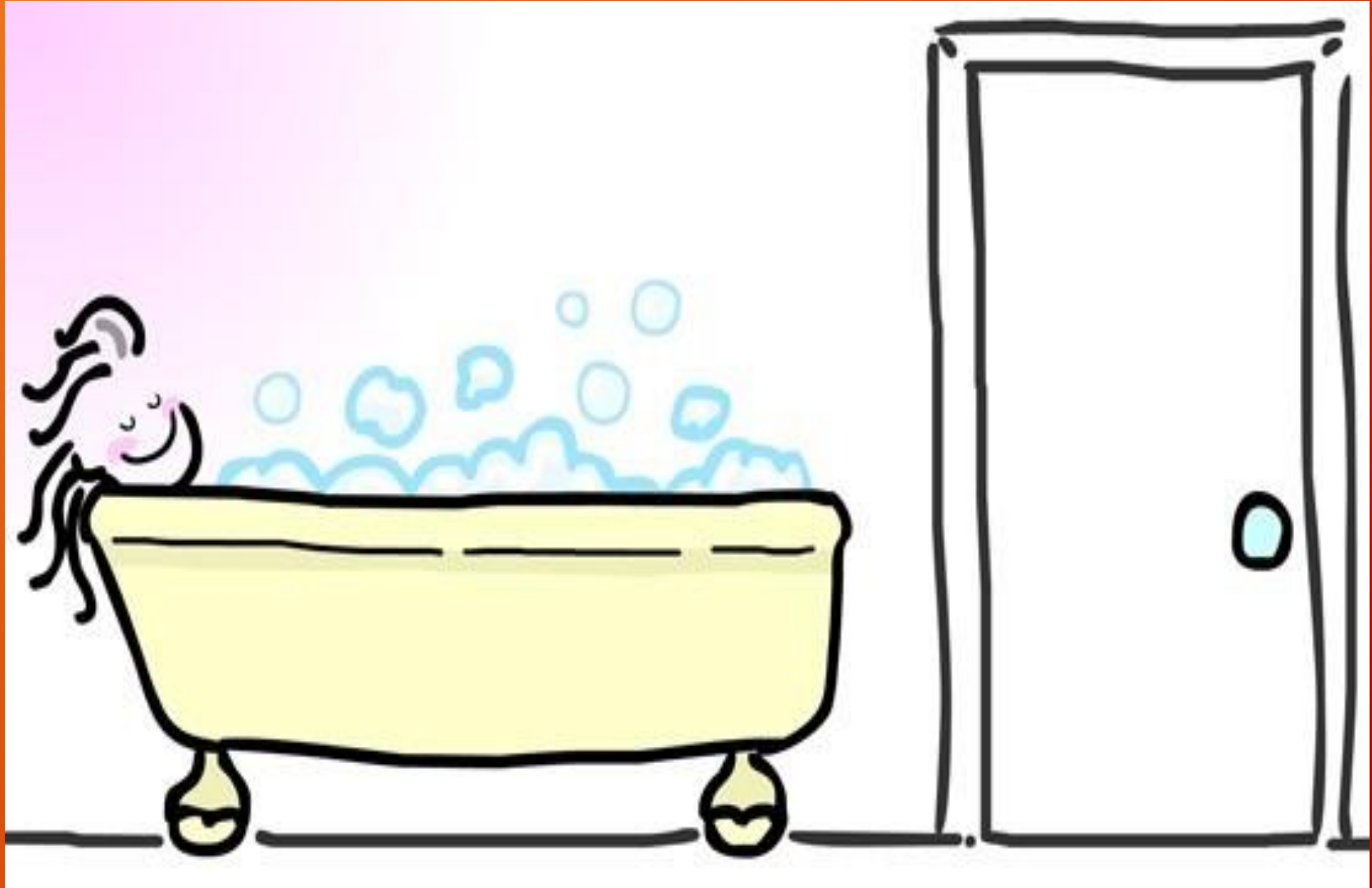
Wash hands  
regularly



PERSONAL  
HYGIENE



Bath everyday



# Hand hygiene

- Washing hands properly is the most effective way of preventing transmission of communicable diseases.
- Washing your hands with soap and water can avoid illnesses likes-

Common cold

Influenza

Hepatitis A

Acute gastroenteritis



# Wash Your Hand



After coughing  
or sneezing



After using tissue  
or handkerchief



After touching any  
part of the body



Top 10  
Home Remedies



After cleaning/  
household work



Before  
serving  
food



Before and after  
eating



After using  
washroom



Before and after  
cooking



After smoking



After removing  
gloves



# You Do NOT Need Antibacterial Soap for Optimal Protection.

- Wash your hands frequently with soap and water for at least 20 seconds.
- Alcohol-based hand cleansers are useful when soap and water are not available.
- Wash the front and back of your hands, as well as between your fingers and under your nails.
- Wash your hands often, especially after coughing, sneezing, before and after eating, before preparing food, after handling raw meat, after petting an animal, and after using the bathroom.

# Respiratory hygiene

- Do not spit in open.
- Cover both the nose and mouth with a handkerchief or tissue paper when coughing or sneezing.
- Wash hands immediately after contacting respiratory secretions or touching objects contaminated with respiratory secretions.

# Hygiene in food handling

- Food handlers should be trained in safe food handling techniques.
- All personnel in food preparation areas shall wear clean aprons.
- Personnel involved in food preparation and any person entering a food preparation or storage area should wear hair nets.
- Food handlers are to thoroughly wash their hands before commencing work. In particular, after using the washroom, after returning from a break, after snacking or eating, after handling raw food products, or after any other activity or instance where hands may become soiled.



Food handlers should remove their watches, rings and jewelry before working with food.

- The operator of a food establishment shall ensure that all personnel who come into contact with food are free from any symptomatic signs of illness or communicable disease that are transmissible through food.
- Personnel with open wounds should not participate in food handling activities.
- Any visitor to a food preparation area should observe the same hygiene and dress code as food handlers.

## **Hair-**

Scalp secretes oil, which attracts dirt. So it is imperative to wash your hair regularly.

Do not share combs, brushes, hats, etc.

## **Teeth-**

Brush atleast twice a day.

If possible brush after every meal or rinse your mouth with warm water.

Do regular flossing.

## **Ears-**

Do not use ear buds too deep as it push the wax deep into the ear canal.

# Nail-

- Keeping nails trimmed and in good shape is important in maintaining good health.
- Clip nails short along their shape but do not cut them so close that it damages the skin.

# Feet-

- Wash your feet atleast once a day.
- Dry them carefully, especially between the toes.

Change socks daily.

- Avoid walking barefoot in public areas.





**THANK YOU**