

Personal hygiene tips

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Personal hygiene tips can you keep your immune system from being overwhelmed by the on-slot of germs. Skin is an important part of the immune system for it acts as a barrier between germs and your body. Skin is tough and generally impermeable to bacteria and viruses. On the other hand, germs can enter our bodies through other areas that are susceptible to bacteria such as our nose, mouth, eyes, or a break in the skin. Common sense and following good personal hygiene tips will limit the possibility of these germs finding a way into your body. Here are some common sense personal hygiene tips: Wash Your Hands The single most important way to prevent the spread of infectious diseases is to wash your hands.

Most infections, particularly the common cold and gastroenteritis, are contracted when our germ infested hands come in contact with our mouths. In addition, infections are also contracted through contact with another individuals whose hands may come in contact with us. Sanitation of hands up to and including the wrist with hot water and soap is also necessary. The use of a brush is recommended when fingernails need cleansing as well. Hot air dryers or a clean towel is the best method for drying the hands. Wash your hands when the following applies: * Following the use of the commode. * After handling other bodily secretions.

* Contact with rubbish/waste bins. * Before and after food preparation. * After coming in contact with animals. * After being in contact with an individual who has a cough or cold. * After caring for a personal who is ill, changing dressings, administering medicine. * Caring for the elderly. * Changing an infant's diaper.

- * Before and after your duties if you are a food handler or health professional.
- * Before changing contact lenses. Take a Daily Shower or Bath A daily shower or bath aids in the cleansing of our bodies as well as eliminating any bodily odor or bacteria ridden skin. It is recommended that we get in the habit of using a personal bath towel rather than sharing with others. Cross infection is a risk that is unnecessary if possible. Those who are involved in active sports or work out to a sweat would do well to take a bath after the activity. A mild soap will do the job adequately.

Wash off well after soaping. Drying with a clean towel is very important. Avoid sharing soaps and towels. Brushing your teeth at least twice a day Apply a small amount of toothpaste on a toothbrush and gently brush a few teeth at a time on all sides in a circular motion, and then clean your tongue. After briskly brushing, we should thoroughly rinse our mouths with water while disposing excess water into the sink. Your toothbrush should be changed after 2 months. Other Personal Hygiene Tips Getting into the habit of routinely clipping fingernails/toenails on a regular basis is good.

Growing nails is okay if they are kept clean and manicured routinely. Cover all cuts, burns and sores and change dressings regularly - pay extra attention to any open wounds on hands and arms. Replace the sponge frequently. Sponges and scrubbers provide the warm, moist conditions and trapped food particles on which bacteria thrive. The bacteria can multiply, increasing from a few to millions in a matter of hours. Use a different implement for each cleaning task in the kitchen and bathroom. Routinely disinfecting both indoor and outdoor waste bins is a good habit to get into.

Due to the fact that waste bin liners can leak, germs can easily spread to other areas that the liners may come in contact with such as floor, countertops, our hands, etc. If you are preparing food for your family, continuously cleansing your hands throughout the preparation of the meal. Pay close attention to dishcloths, washcloths, pot holders, aprons before and after cooking. The cleanliness, health and habits of food handlers are important because people often carry germs, which are easily spread through food. These germs are often present on our hands, face, hair, noses and in our mouths and bowels. Even the healthiest person may be carrying germs without being sick. Personal hygiene is important.

Remember and practice the following. 1. Shower or bathe daily. 2. Practice good, frequent handwashing. 3. Wear clean clothing with an apron.

Change the apron when it gets dirty. 4. Keep hair confined. 5. Keep fingernails clean and avoid wearing nail polish or jewelry. 6. Avoid touching your face, nose or mouth while preparing food.

7. Do not prepare food if you are ill and report your illness to your supervisor. 8. Avoid coughing or sneezing around food. 9. Use utensils for handling food. 10.

If you must taste food, use a disposable spoon. Dishes, utensils, equipment and food can be easily contaminated by employees hands and clothing unless a high standard of personal hygiene is maintained. Wear Clean Clothes: Wear a fresh set of clothes as often as possible. Dirty clothes are a source of contamination and can cause very serious skin disorders if worn over and over without washing them. Also, try wearing a clean pair of socks every day

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(especially after athletic activities) as this keep your feet dry and not smelly.

Wash clothing and linens on a regular basis as the longer it takes you to clean them the smellier they become. Read more: <http://www.lifemojo.com/lifestyle/personal-hygiene-tips-for-good-health-5163438#ixzz0ud4rgFyG>