

# Personal Hygiene

---

## Contents:

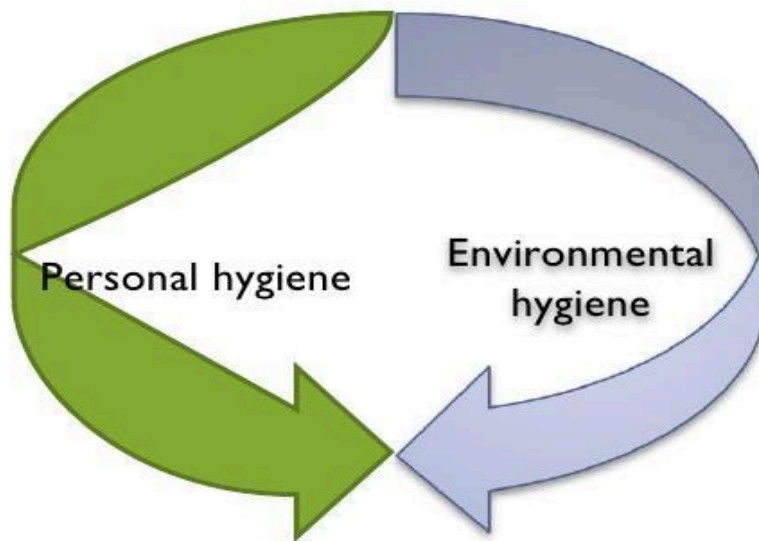
- Hygiene and Elements**
- Personal hygiene-Definition**
- Care of**
  - o Hair**
  - o Skin and Face**
  - o Teeth**
  - o Ears**
  - o Hands**
  - o Nails and cuticles**
  - o Feet**

## Hygiene

From the Greek word “Hygies” (Hygiea-Goddess of Health. Meaning “healthy, sound”

## Hygiene-Common elements

- Personal Hygiene
- Environmental hygiene



### **Personal Hygiene-Definition**

- Personal hygiene may be described as the principle of maintaining cleanliness and grooming of the external body.
- Failure to keep up a standard of hygiene can have many implications. Not only is there an increased risk of getting an infection or illness, but there are many social and psychological aspects that can be affected.

### **What is Personal Hygiene?**

Regular routine of personal care

Washing and Grooming of

- Hair
- Face and Skin
- Teeth
- Ears
- Hands
- Nails
- Feet

## Hair

- Hair is made of dead cells
- Hair is important because it brings oil to the surface of the skin
- Hair helps warm the body by trapping a layer of air next to the scalp.

### Hare Care:

- Wash regularly with shampoo.
- Rinse hair thoroughly with clear water after shampooing to remove all the soap
- Don't scrub or rub too hard. It may irritate scalp or damage hair.
- Massage scalp well. It will remove dead skin cells, excess oil and dirt
- Brush hair daily
- Wash combs and brushes frequently
- Do not share combs, brushes etcetera.

### Why Brush Hair?

- ✓ Brushing helps keep the scalp clean by loosening and removing dust and dead cells.
- ✓ It also adds shine

### Hair & Scalp Problems

- Dandruff
- Head lice
- Splitting and breaking

### Dandruff:

- A flaking of the outer layer of dead skin cells on the scalp. This condition is usually caused by dry skin. There is no cure for dandruff, but it can be controlled with special shampoos.

## Head lice:

- Parasitic insects that live on the hair shaft and cause itching.
- Lice cannot fly or jump from person to person, but they are easy to catch from other people.

### Avoiding and Treating Head Lice

#### Don't Share:

- Combs, brushes, hats, barrettes, headphones or other hair things.
- Use special shampoo and wash hair immediately.
- Any linens and clothes someone has used should be washed in hot water or drycleaner.

## Splitting & Breaking

- Too much heat can cause the layer cells of hair to split apart and even break off.
- Wind, chlorine, chemical treatments and permanent hair dye can weaken hair in the same way.
- If someone puts hair in a ponytail, it is needed to use a coated rubber band.
- Noncushioned or uncovered elastic bands can cause severe breakage.

## Skin

The human skin is the outer covering of the body.

### Functions of Skin

- Protection
- Vitamin D formation
- Temperature control
- Sensation



Fig: Skin

- Water resistance
- Control of evaporation
- Excretion
- Absorption

### **Three layers of skin**

- Epidermis-outer most layer of skin. Cells in the epidermis make melanin
- Dermis-Inner layer of skin which contains blood vessels, nerve ending, hair follicles, sweat glands and oil glands.
- Layer of fat cells.

### **Common Skin Problems**

- Bad odor
- Acne

### **Body Odor**

Perspiration itself doesn't smell. However, during sweating, another liquid called apocrine is also secreted. When apocrine combines with the bacterial naturally present on the skin, odor results.

Bad odor is caused by

- Poor hygiene
- Foods such as onions and garlic

### **Acne:**

Acne is created when oil from the oil glands mix with the dead cells and plug up the hair follicles in the skin it creates a "Whitehead".

A "Blackhead" is when the air touches the plug, the plug turns black.



## What makes acne worse?

- Oil-based makeup, suntan oil, hair jells and spray.
- For girls, menstruation
- For boys it may get worse because they have more skin oil.
- Squeezing or picking at blemishes
- Hard scrubbing of the skin.
- Daily baths or showers using soap and scrubbing the entire body with a wash clothes. Do not need to scrub violently.
- The use antiperspirants decreases perspiration and cover odor with a manly smell.
- Wash the face two times a day with a mild soap or gentle cleanser. It is best to use lotions only if needed, and use ones that are oil-free and water based.
- Try to stay out of the sun and use a sunscreen every day during summer and winter.

## Skin Care Tips:

- Bathe or shower regularly using soap, Do not scrub violently
- If possible, bathe or shower after exercise-especially after sweating
- Use antiperspirants decreases perspiration and cover odor with a manly smell
- Wear clean clothes
- Reduce stress levels which irritates the skin
- Maintain a healthy diet.
- Wash face at least 5 times daily
- Avoid washing too often, as the skin will become irritated and dry out.
- Keep oily hair away from skin
- Avoid touching acne except when washing
- Do not squeeze or pick the pimples.

- Try to avoid touching the face.
- Keep hands clean by washing them often.

#### Self Protection from the sun

- Rub sunscreen and reapply it every hour.
- Wear a hat, T-shirt, and sunglasses.
- Drink plenty of fluids.
- Protect from UV rays.

### Teeth:

#### Healthy teeth and gums enable to

- Chew food thoroughly
- Speak clearly
- Give shape and structure to mouth

#### Dental Problems:

Dental problems are caused by the activity of certain types of oral bacteria

- Halitosis
- Tooth decay
- Tartar
- periodontal disease



Fig: Teeth

#### Other causes:

- Tongue not cleaned
- Food stuck in teeth
- Sinus Problems
- Stomach Problems

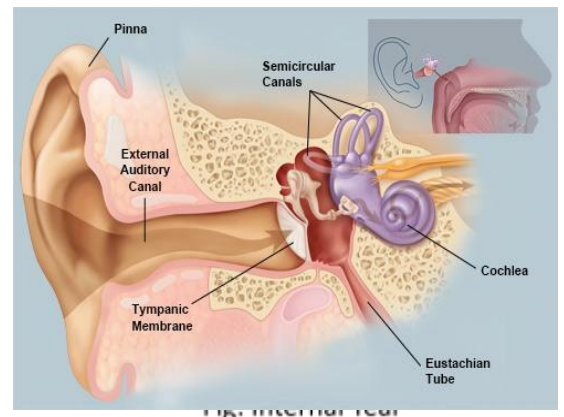
#### How to avoid Dental problems

## Brushing and Flossing:

- Daily dental hygiene routine that consist of brushing for 2-4 minutes and flossing
- If possible, brush after every meal or rinse mouth with warm water.
- Use a soft bristled brush.
- Replace toothbrush every 2-3 mouths or after an illness.
- Use toothpaste that contains fluoride.
- Flossing removes food trapped between teeth and gum lines that rinsing and brushing miss.

## Ears

- Wash ears daily with a clean cloth. Do not forget behind the ears.
- Do not use Q tips in ears it will smash the ear wax deep into the ear canal. Usually ear wax is usually removed during chewing food or gum.



## Hands

**Hand Hygiene:** During this Covid-19 pandemic, it's more mandatory to wash hands frequently with soap or hand sanitizer for atleast 20 sec.

- First, wet hands and apply liquid or clean bar of soap.
- Next, rub hands together and scrub all surfaces (palms, fingers and in between).
- Continue for 10-15 seconds.
- Soap combined with the scrubbing action that helps remove germs.
- Rinse well and dry hands.

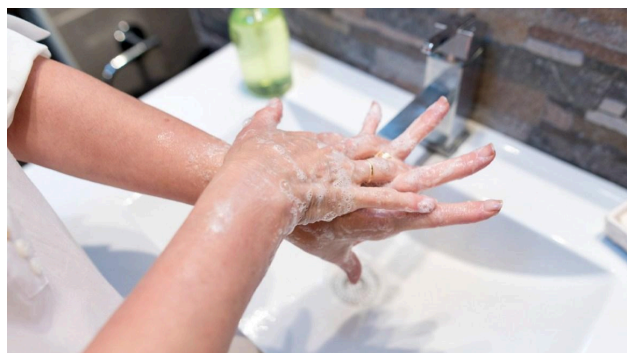


Fig: Washing Hand



### Nails and cuticles

The part of the nail that can be seen and touched is composed of dead cells. Thin skin-like layer at the base of each nail is called cuticle

A non-living band of tissue.

Nails protect the sensitive tip of our fingers and toes.

Without proper care they can become weak, ingrown or infected.



### Nail Care:

- Keep nails trim but do not cut nails shorter than skin level
- Keep nails clean
- Round fingernails slightly when trimming them.
- Cut toe nails straight across.
- Smooth rough nail edges with a file or emery board.

### Cuticles care:

- Clean and soften hands in warm water
- To keep cuticles neat, push them back after soaking hands, while they are soft.
- Cuticle remover may be used, a chemical that dissolves the cuticle.

### Feet

**Large collection of sweat glands live in our feet**

- Wash feet well at least once a day
- Dry them carefully, especially between the toes.
- Keep feet and skin clean and dry
- Change socks daily
- Avoid walking barefoot in public areas.



Fig: Feet