

PERSONAL HYGIENE

Contents

- Hygiene and Elements
- Personal hygiene – Definition
- Care of
 - Hair
 - Skin and Face
 - Teeth

- Hands

Hygiene

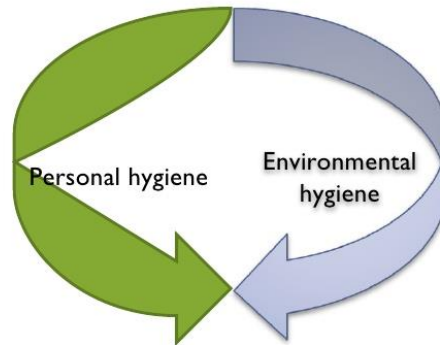
From the Greek word
“hygies” (Hygieia- Goddess of
Health)

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

- Hands




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.



Hair Care Tips

- 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 your scalp or damage your hair.

- 
- 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.

Why Brush Your 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 can't 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 or other hair things, headphones
- Use special shampoo and wash your hair immediately.
- Any linens and clothes you have used should be washed in hot water or dry-cleaned.



Splitting & Breaking

- Too much heat can cause the layered cells of your hair to split apart and even break off.
- Wind, chlorine, chemical treatments, and permanent hair dye can weaken hair in the same way.
- If you put your hair in a ponytail , use a coated rubber band or soft cloth hair band.
- Noncushioned or uncovered elastic bands can cause severe breakage.

Body odor

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

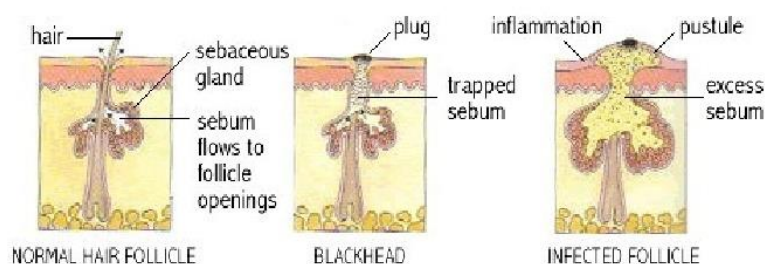
Bad odor is Caused by


- 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



- 
- Daily baths or showers using soap and scrubbing the entire body with a washcloth 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



Skin Care Tips

- Wash your face 2 times a day.
- Avoid washing too often, as the skin will become irritated and dry out.
- Keep oily hair away from your skin
- Avoid touching acne except when washing
- Don't squeeze or pick the pimples
- Try to avoid touching the face.
- Keep hands clean by washing them often.

Protect yourself from the sun

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



JESTERARTSILLUSTRATIONS.COM



www.illustration.com 98327335



Teeth

Healthy teeth and gums enable you to:

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



Dental problems

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

Other causes:

- ❖ Tongue not cleaned
- ❖ Food stuck in teeth
- ❖ Sinus problems
- ❖ Stomach problems

Dental Problems

- Halitosis
- Tooth decay
- Plaque
- Tartar
- Periodontal Disease



How to avoid Dental problems- Brushing & Flossing

- Daily dental hygiene routine that consist of brushing for 2-4 minutes and flossing
- I f possible, brush after every meal or rinse your mouth with warm water.
- Use a soft-bristled brush.



Brushing & Flossing

- Replace your toothbrush every 2-3 months or after an illness.
- Use toothpaste that contains fluoride.
- Flossing removes food trapped between your teeth and gum lines that rinsing and brushing miss.



FLOSSING

Dental care

- Eat at least 5 servings of fruits and vegetables each day.
- Include foods that contain calcium, such as milk and yogurt.
- Limit intake of sugar.
- See a dentist every 6 months



Hands

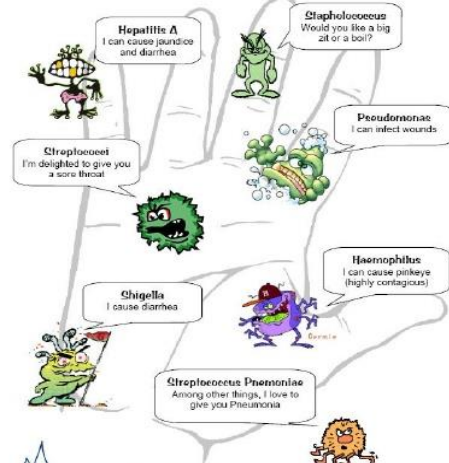
Germ Farm



Scrub'em!

www.1st-in-handwashing.com

What GERMS Are On Your Hands?



Southeastern District Health Department
Healthy People in Healthy Communities



HAND HYGIENE

- First, wet hands and apply liquid or clean bar of soap.
- Next, rub your 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 your hands