

BASIC HYGIENE



The human body can provide places for disease-causing germs and parasites to grow and multiply. These places include the skin and in and around the openings to the body. It is less likely that germs and parasites will get inside the body if people have good personal hygiene habits.

Source: Health.gov.au; CDC.gov; Livestrong.org

HAND WASHING

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Sing 'Happy Birthday' 2x while washing.



TIP:

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

HOW TO WASH HANDS



Hand Washing Fast Facts

- It is estimated that washing hands with soap and water could reduce diarrheal disease-associated death by 50%
- A large percentage of foodborne disease outbreaks are spread by contaminated hands.
- Handwashing can reduce the risk of respiratory infections by 16%

BODY HYGIENE

Many diseases and conditions can be prevented or controlled through appropriate personal hygiene and by frequently washing parts of the face and body with soap and clean, running water (if available).

Use fluoride toothpaste and regularly floss teeth.



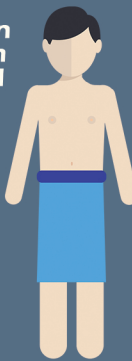
TIP:

Appropriate facial hygiene practices include not only washing the face but also properly caring for teeth, mouth, eyes, contact lenses, and ears.

DID YOU KNOW?

On Dental Hygiene

89% of the U.S. population has some form of periodontal gum disease.



On Facial Cleanliness

Trachoma, the leading cause of preventable blindness worldwide, is related to the lack of facial hygiene.



On Bathing & Showering

Within the first 15 minutes of bathing, the average person sheds 6 x 10⁶ colony forming units (CFU) of *Staphylococcus aureus*.

BASIC HYGIENE TIPS

Personal cleanliness and good hygiene practices are essential for health and social reasons. In fact, people who are perceived as smelly or unclean are often ostracized by others. To put your best foot forward, it's best to practice healthy hygiene habits daily.

1 Wash Those Hands

- Before, during, and after preparing food
- Before eating
- After using the toilet
- Before and after caring for someone who is sick
- After blowing your nose, coughing, or sneezing
- After touching an animal
- After touching garbage



2 Practice a Daily Bathing or Showering Regimen

- Regular bathing reduces body odor and can help control skin problems like acne
- Bathe daily to reduce the bacteria that contribute to body odor, particularly in the armpits and on the feet
- Wash your hair as frequently as needed based on your hair type
- Dry yourself thoroughly after bathing to prevent bacteria growth



3 Brush Up on Dental Care

- Brush your teeth at least twice per day and floss once per day
- Use fluoride toothpaste
- See your dentist regularly to assess problem areas in your mouth and recommend special methods and products you may need



4 Build Good Grooming Habits

- At its most basic level, grooming includes keeping your body, teeth, clothes, hair and nails clean and preventing body odor by using antiperspirant and deodorant.
- More advanced grooming practices may also include hair styling, makeup, moisturizers, manicures, pedicures, nail polish, personal fragrance, hair removal and more.



5 Clean Your Clothes and Home

- Wash your clothes regularly to remove odors. Treat stains as soon as they occur, and iron when needed to remove wrinkles
- Keeping your home clean reduces bacteria, helps prevent insects and contributes to overall well-being
- Housecleaning basics include properly disposing of garbage, washing dirty dishes, and cleaning floors regularly. Wash sheets and bedding at least twice a month.



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