PERSONAL HYGIENE



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HEALTH

* A STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY.





HYGIENE



* HEALTHY HABITS THAT INCLUDE BATHING, KEEPING THE MOUTH CLEAN, KEEPING THE SKIN PROTECTED FROM THE SUN AND WASHING HANDS FREQUENTLY ESPECIALLY BEFORE EATING



GOOD AND BAD HYGIENE

THE DIFFERENCE BETWEEN GOOD AND BAD HYGIENE IS:

- GOOD HYGIENE KEEP YOU PROTECTED FROM THINGS, LIKE GERMS AND DANGEROUS UV RAYS FROM THE SUN, IN THE ENVIRONMENT THAT CAN HURT YOU
- BAD HYGIENE ALLOWS THESE THINGS TO AFFECT YOUR BODY AND MAKE YOU SICK



THE BENEFITS OF GOOD HYGIENE

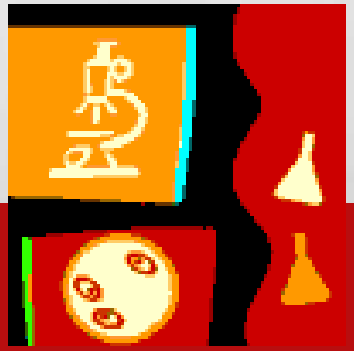
- ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, ADDRESSING THE SPREAD OF GERMS IN SCHOOLS IS ESSENTIAL TO THE HEALTH OF OUR YOUTH, OUR SCHOOLS, AND OUR NATION
- GOOD HYGIENE PREVENTS THE SPREAD OF GERMS
- IT ALSO HELPS TO GIVE A GOOD FIRST IMPRESSION TO OTHERS



HEALTHY SKIN: HAND WASHING

22 MILLION SCHOOL DAYS ARE LOST EACH YEAR DUE TO THE COMMON COLD.

SOME VIRUSES AND BACTERIA CAN LIVE FROM 20 MINUTES UP TO 2 HOURS OR MORE ON SURFACES LIKE CAFETERIA TABLES, DOORKNOBS, AND DESKS



Protect yourself and others from getting sick

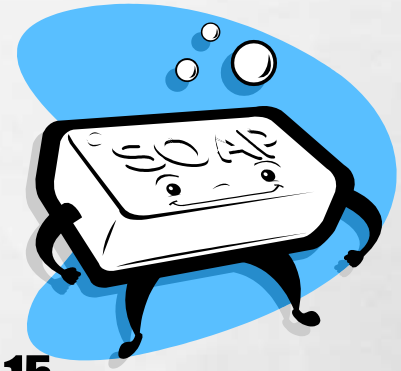
Wash your hands



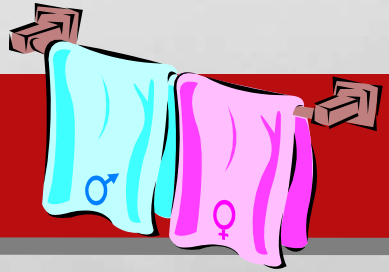
- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

World Health Organization

HOW TO WASH YOUR HANDS



- USE WARM RUNNING WATER
- USE SOAP
- SCRUB HANDS TOGETHER AND UNDER NAILS FOR AT LEAST 15-20 SECONDS
- DRY HANDS ON A CLEAN CLOTH OR PAPER TOWEL OR USE AN AUTOMATIC HAND DRYER IF POSSIBLE



Welcome to
Sweta Parikh nursing academy

Hand washing steps

FINGERNAILS

- IT'S IMPORTANT TO KEEP YOUR FINGERNAILS AND TOENAILS TRIMMED.
- IF THEY GROW TOO LONG AND TOO WILD, THEY MAY BECOME SHARP, JAGGED, AND DANGEROUS.
- YOU'LL JUST WANT TO TIDY UP YOUR NAILS EVERY FEW WEEKS TO ENSURE THAT THEY ARE GROWING HEALTHY
- *ATHLETES: PREVENT INJURY TO YOURSELF AND OTHERS

Stop the spread of germs!

Cover your cough.



OR



Cover your mouth and nose with a tissue when you cough or sneeze. Throw away the tissue immediately.

Cough or sneeze into your upper sleeve, not your hands.

LMH Health

COUGHING & SNEEZING

Here are some important points to teach your tamariki about coughing and sneezing:



- Use a clean tissue to cover your mouth and nose every single time you cough or sneeze.
- Always turn your face away from people when you cough or sneeze.
- Place your used tissues into the rubbish bin.
- Wash your hands with soap and water or use hand sanitiser after you cough or sneeze.
- If you do not have a tissue, cough or sneeze into your elbow.
- Never cough or sneeze into your hands or open air.

Te Whatu Ora
Health New Zealand
Capital, Coast, Hutt Valley and Wairarapa

BODY ODOUR

- BODY ODOR IS A SYMPTOM IN WHICH A PERSON HAS A STRONG, UNDESIRABLE ODOR USUALLY COMING FROM THE MIXTURE OF SWEAT, BODILY OILS, BODILY CHEMICALS, AND SKIN BACTERIA IN THE WARMER, MOIST PARTS OF THE BODY.

THE CHEMISTRY OF BODY ODOURS

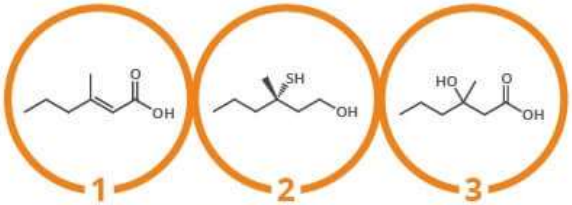
Body odour is the result of bacterial activity producing odorous compounds. Here, we look at some of the main compounds in particular odours.

HALITOSIS



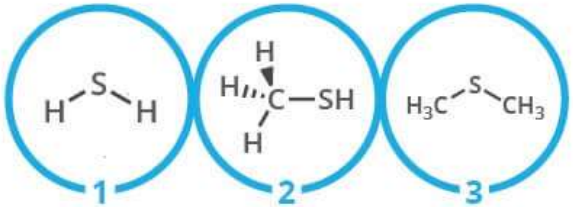
NAME	SMELLS LIKE
1. METHANETHIOL	sulfur, garlic
2. HYDROGEN SULFIDE	sulfur, rotting eggs
3. DIMETHYL SULFIDE	cabbage, sulfur, sweet

UNDERARM ODOUR



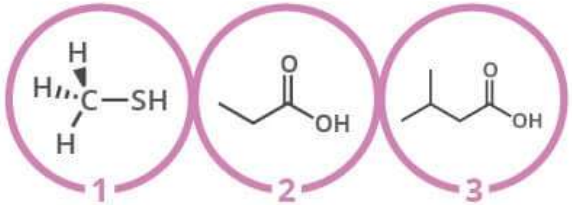
NAME	SMELLS LIKE
1. (E)-3-METHYL-2-HEXENOIC ACID	goat
2. (S)-3-METHYL-3-SULFANYLHEXAN-1-OL	onion
3. 3-HYDROXY-3-METHYLHEXANOIC ACID	cumin

FLATULENCE



NAME	SMELLS LIKE
1. HYDROGEN SULFIDE	sulfur, rotting eggs
2. METHANETHIOL	sulfur, garlic
3. DIMETHYL SULFIDE	cabbage, sulfur, sweet

FOOT ODOUR



NAME	SMELLS LIKE
1. METHANETHIOL	sulfur, garlic
2. PROPANOIC ACID	pungent, rancid, sour
3. ISOVALERIC ACID	cheesy, fermented, rancid

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TREATMENT

- "THE ONLY TREATMENT IS GOOD HYGIENE" DR. MAMINA TUREGANO, DERMATOLOGIST
- SHOWER DAILY
- USE DEODORANT
- PRACTICE GOOD HYGIENE

WHO SHOULD SHAMPOO DAILY?

- PEOPLE WITH VERY FINE HAIR, SOMEONE WHO EXERCISES A LOT (AND SWEATS), OR SOMEONE LIVING IN VERY HUMID PLACE
- "IF YOU HAVE OILY SCALP, THEN DAILY WASHING IS NEEDED,"
- PEOPLE WITH DANDRUFF
- SHAMPOOING ON A DAILY BASIS ALSO HELP PREVENT "HEAD LICE".

WHAT IS HEAD LICE?

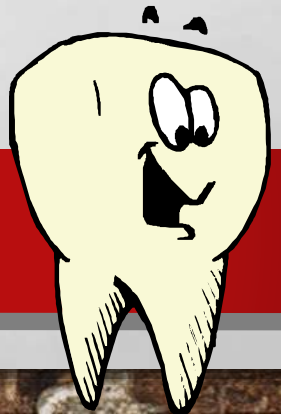
- HEAD LICE ARE TINY SIX-LEGGED INSECTS THAT CLING TO THE SCALP AND NECK AND FEED ON HUMAN BLOOD.
- EACH LOUSE IS ABOUT THE SIZE OF A SESAME SEED AND CAN BE HARD TO SPOT.
- LICE EGGS, CALLED NITS, ARE GLUED ONTO HAIRS NEAR THE SCALP AND CAN BE EVEN HARDER TO SEE.



HEALTHY TEETH AND GUMS

THE HEALTH AND CLEANLINESS OF YOUR MOUTH IS IMPORTANT, IF YOU DON'T BRUSH AND FLOSS...

- CAVITIES (HOLES IN YOUR TEETH) MAY FORM
- YOUR BREATH WILL PROBABLY SMELL BAD
- YOU MAY BE AT HIGHER RISK FOR SERIOUS DISEASE LATER IN LIFE, SUCH AS HEART DISEASE, STROKE, AND DIABETES



HOW OFTEN AND WHEN TO BRUSH AND FLOSS

- AT LEAST TWO TIMES A DAY
- ONE TIME IN THE MORNING, AND ONE TIME AT NIGHT
- CONSIDER BRUSHING BETWEEN MEALS, TOO!
- FLOSS AT LEAST ONE TIME A DAY
- FLOSS IF YOU FEEL FOOD STUCK IN YOUR TEETH





FOODS TO AVOID



BACTERIA IN YOUR MOUTH GROW ON SUGAR

TRY TO EAT AS LITTLE “JUNK FOOD” AS POSSIBLE

=CANDY, CHOCOLATE, AND OTHER SWEETS

AVOID DRINKING SODA AND SWEET TEA

IF YOU DO EAT THESE THINGS, YOU MAY WANT TO BRUSH IMMEDIATELY AFTERWARDS

BRUSHING TECHNIQUE AND SKILLS

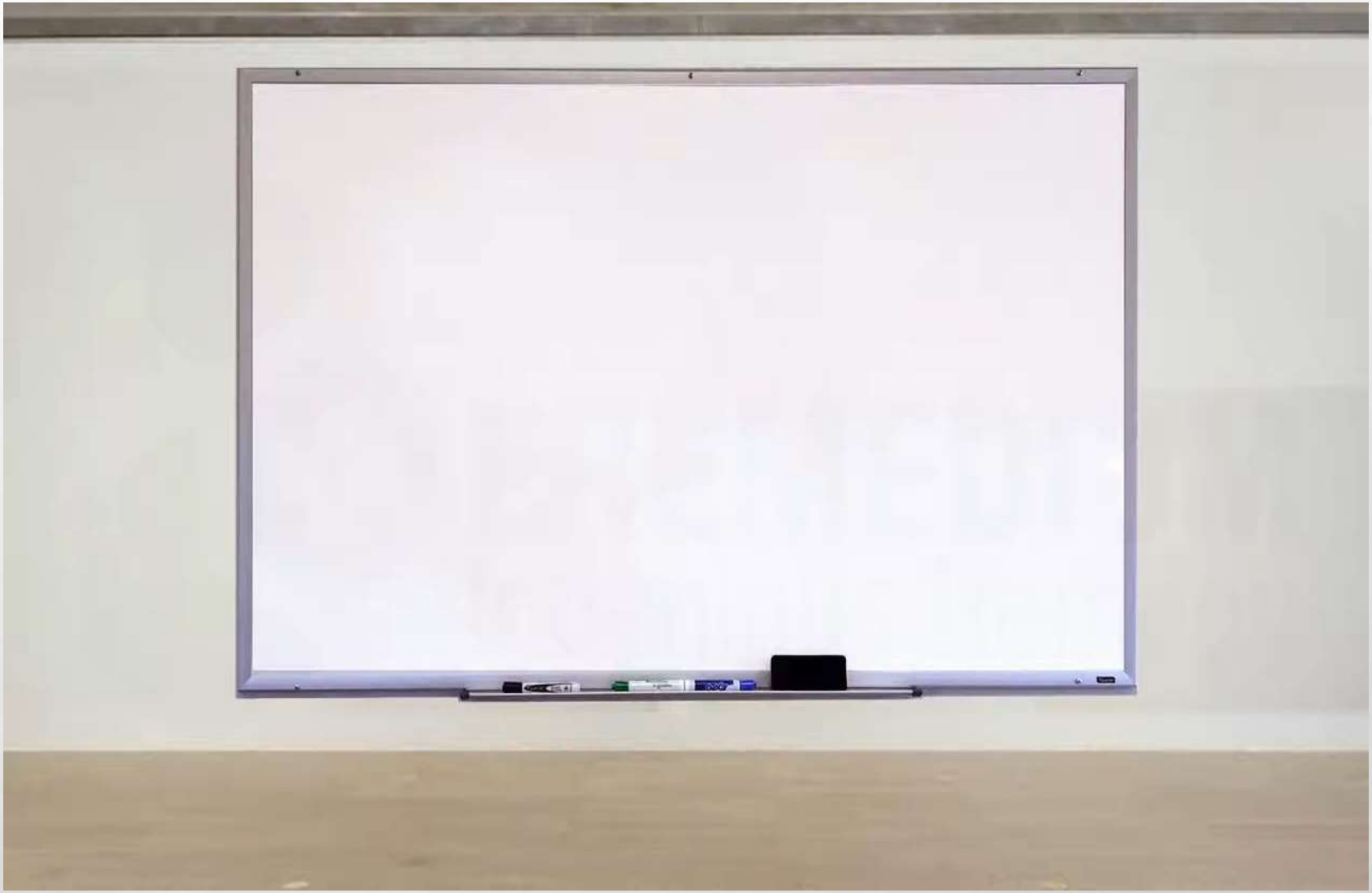
- **PLACE YOUR TOOTHBRUSH AGAINST THE GUMS.**

  MOVE THE BRUSH BACK AND FORTH GENTLY IN SHORT (TOOTH-WIDE) STROKES.

  BRUSH THE OUTER TOOTH SURFACES, THE INNER TOOTH SURFACES, AND THE CHEWING SURFACES OF THE TEETH.

  CLEAN THE INSIDE SURFACES OF THE FRONT TEETH, USING A GENTLE UP-AND-DOWN STROKE.

  BRUSH YOUR TONGUE TO REMOVE BACTERIA AND FRESHEN YOUR BREATH.



PROPER FLOSSING SKILLS

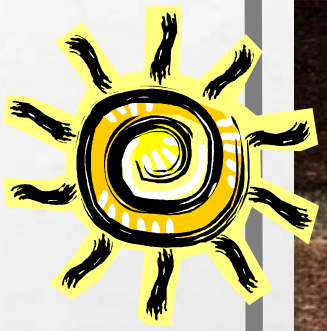
- **HOLD THE FLOSS TIGHTLY BETWEEN YOUR THUMBS AND FOREFINGERS.**
- **GUIDE THE FLOSS BETWEEN YOUR TEETH USING A GENTLE RUBBING MOTION. NEVER SNAP THE FLOSS INTO THE GUMS.**
- **WHEN THE FLOSS REACHES THE GUM LINE, CURVE IT INTO A C SHAPE AGAINST ONE TOOTH. GENTLY SLIDE IT INTO THE SPACE BETWEEN THE GUM AND THE TOOTH.**

PROPER FLOSSING SKILLS (CONT'D)

- HOLD THE FLOSS TIGHTLY AGAINST THE TOOTH. GENTLY RUB THE SIDE OF THE TOOTH, MOVING THE FLOSS AWAY FROM THE GUM WITH UP AND DOWN MOTIONS.
- REPEAT THIS METHOD ON THE REST OF YOUR TEETH.
- DON'T FORGET THE BACKSIDE OF YOUR LAST TOOTH.



PROTECTION FROM THE SUN



- CHILDHOOD SUNBURNS MAY INCREASE A PERSON'S RISK OF DEVELOPING MELANOMA, THE MOST SERIOUS SKIN CANCER.
- MOST OF THE MORE THAN 1 MILLION CASES OF NONMELANOMA SKIN CANCER DIAGNOSED YEARLY IN THE UNITED STATES ARE CONSIDERED TO BE SUN-RELATED.

PROTECTION FROM THE SUN

- 80% OF THE AVERAGE PERSON'S LIFETIME SUN EXPOSURE HAPPENS BEFORE AGE 18.
- SKIN CANCER IS THE MOST COMMON OF ALL CANCERS. IT ACCOUNTS FOR NEARLY HALF OF ALL CANCERS IN THE UNITED STATES.



HOW TO PROTECT YOURSELF

- AVOID THE SUN BETWEEN 10 A.M. AND 4 P.M.
- SEEK SHADE: LOOK FOR SHADE, ESPECIALLY IN THE MIDDLE OF THE DAY WHEN THE SUN'S RAYS ARE STRONGEST.
- COVER YOUR HEAD WITH A WIDE-BRIMMED HAT, SHADING YOUR FACE, EARS, AND NECK.



HOW TO PROTECT YOURSELF

- WEAR SUNGLASSES
- COVER UP WITH PROTECTIVE CLOTHING TO GUARD AS MUCH SKIN AS POSSIBLE WHEN YOU ARE OUT IN THE SUN. CHOOSE COMFORTABLE CLOTHES MADE OF TIGHTLY WOVEN FABRICS THAT YOU CANNOT SEE THROUGH WHEN HELD UP TO A LIGHT.





SUNSCREEN

- USE SUNSCREEN WITH A SUN PROTECTION FACTOR (SPF) OF 15 OR HIGHER.
- APPLY A GENEROUS AMOUNT ABOUT A PALMFUL ALL OVER AREAS OF YOUR SKIN THAT ARE EXPOSED.
- PUT IT ON 15-20 MINUTES BEFORE GOING OUT IN THE SUN.

SUNSCREEN

- MORE TIME IN THE SUN!
- IF YOU COULD SPEND 10 MINUTES IN THE SUN WITHOUT SUNSCREEN AND YOU APPLY SPF 15… NOW YOU CAN STAY IN THE SUN FOR 2 HOURS!
- IF YOU DO GET A SUNBURN, USE A LOTION OR ALOE VERA ON THE SKIN.

SUNSCREEN

- REAPPLY AFTER SWIMMING, TOWELING DRY, OR PERSPIRING.
- REAPPLY EVERY TWO HOURS
- USE SUNSCREEN EVEN ON HAZY OR OVERCAST DAYS.

GOOD TOUCH

BAD TOUCH



THANK YOU

