



WHAT IS PERSONAL HYGIENE?



- Personal hygiene is defined as the principle of maintaining cleanliness and grooming of the external body.
- Maintaining a high level of personal hygiene will help to increase self esteem and confidence.

Poor Personal Hygiene



Failure to keep up a standard of hygiene can have many implications like;

- Increased risk of getting an infection or illness
- Social embarrassment

Aspects of Personal Hygiene



- Bath Regularly
- Hands and nails care
- Teeth Care
- Ear care
- Hair Care
- Feet Care
- Clothing



Hands

Germ Farm

Scrub'em!
www.1st-in-handwashing.com

What GERMS Are On Your Hands?

Hepatitis A
I can cause jaundice and diarrhea.

Shigella
I can cause dysentery and all sorts of other ailments.

Paratuberculosis
I can infect animals.

Droptail
I'm responsible for giving you a sore throat.

Clostridium
I cause diarrhea.

Hemophilus
I can cause meningitis (inflammation of the brain).

Streptococcus Pneumoniae
Among other things, I have to give you Pneumonia!

Southwestern District Health Department
Always Hygiene is Healthy Community

How to wash your hands

- 1 Wet your hands
- 2 Apply solution and scrub for at least 15 seconds
- 3 Scrub back of hands, wrists, between fingers and under fingernails
- 4 Rinse your hands
- 5 Turn off water lever using your elbows
- 6 Dry with paper towel

Nail Care

- 1 Soak hands in water
- 2 Trim nails with clippers
- 3 File nails with a nail file



Teeth



- You should brush your teeth twice a day – when you wake up and before you go to bed.

- Germs bacteria in your mouth grow on your teeth and around the gums every day.

- Gently and thoroughly brush each side of every tooth and the gums. It should take about 3 minutes to do them all.

EAR



1. Don't stick anything in your ear smaller than your elbow.
2. Reduce the risk of infection by treating upper respiratory infections promptly.
3. Drainage from ear is abnormal, go to doctor as soon as possible.

Hair

- The hair follicles produce oil which keeps the hair smooth.

- The oil, sweat and dead cells all add together and can make hair greasy and look dirty unless you wash it regularly.

- Massage your scalp well. This will remove dead skin cells, excess oil and dirt.

- Wash your hair daily.



www.shamaindia.org 00712003
DON'T FORGET TO BRUSH YOUR HAIR!

Feet & Shoes



- Very large collection of sweat glands live in your feet! Wash your feet well at least once a day.

- Dry them carefully, especially between the toes.

- Sweat gets into your shoes and then bacteria arrive which love the moist leather or fabric.



Clothes

- Clothes can get stained and dirty you need to change them often.
- Underclothes are right next to your skin and collect dead skin cells, sweat and possibly other unmentionable stains.
- Overnight bacteria start to work on these stains so your clothes do not smell as nice on the second day of wearing.
- Change your clothes after showering, you don't want to put dirty clothes onto a clean body.

THANK YOU
SHAMA ORGANIZATION
DISTRICT CHARASADDA-KPK
PAKISTAN