



Personal Hygiene



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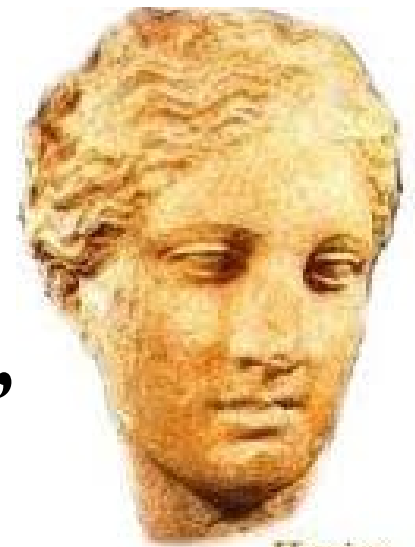
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 - Hair
 - Skin and Face
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Hygiene

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

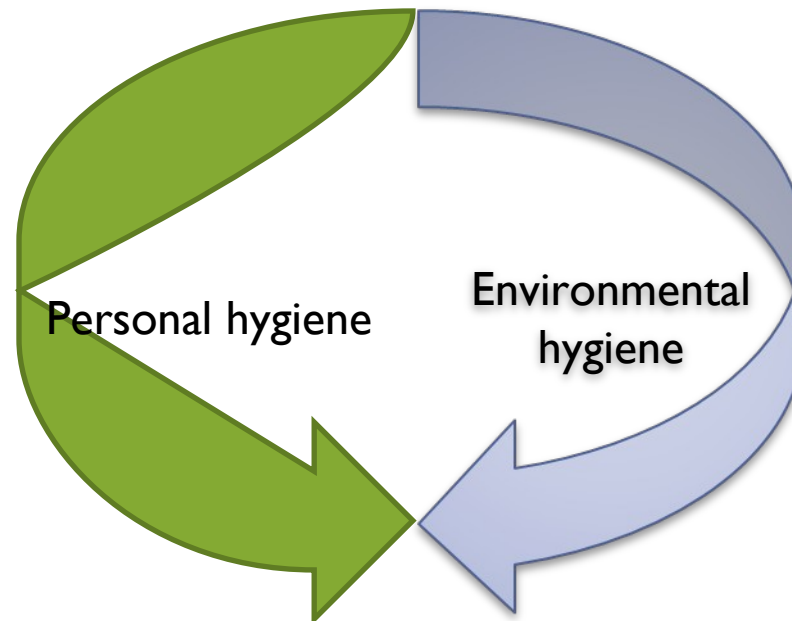
Meaning
“healthy, sound”



Hygieia

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.



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.

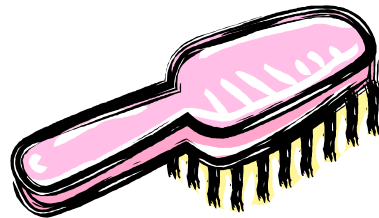


- Massage your scalp well. It will remove dead skin cells, excess oil and dirt
- Brush hair daily
- Wash combs and brushes frequently
- Don't share combs, brushes etc.



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.

Skin

The **human skin** is the outer covering of the body.

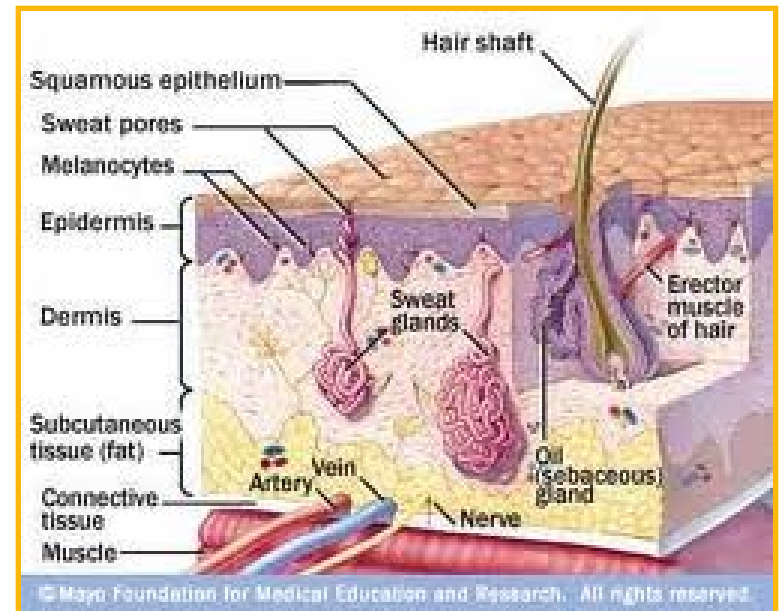
Functions of Skin

- Protection.
- Vitamin D formation
- Temperature control
- Sensation
- 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 endings, 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 bacteria naturally present on the skin, odor results

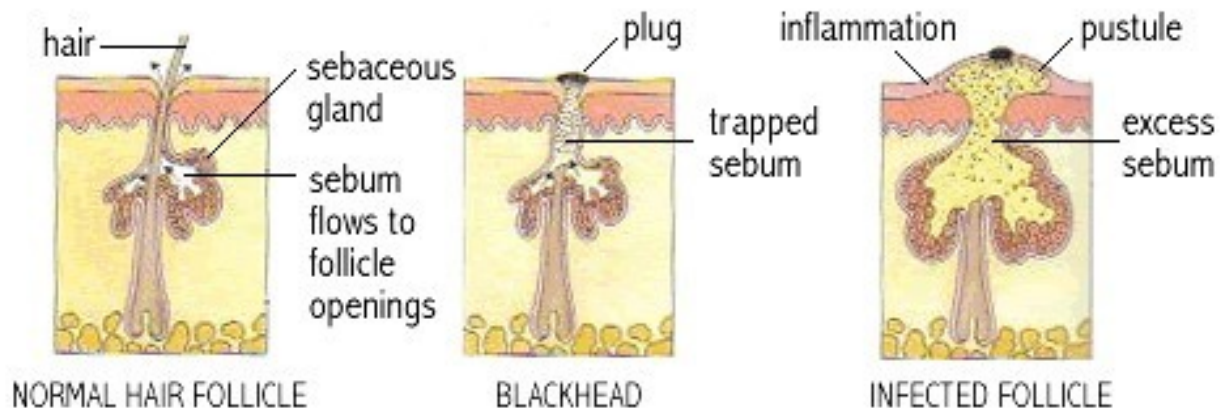
Bad odor is Caused by

- 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



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 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



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Teeth

Healthy teeth and gums enable you to:

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



Structure of teeth



Enamel (top)

The hard material on the outer surface of the tooth.

Dentin (middle)

Below the enamel – the bonelike material that surrounds the sensitive inner parts of the tooth.

Pulp (inside)

Tissue that contains nerve endings and blood vessels.

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



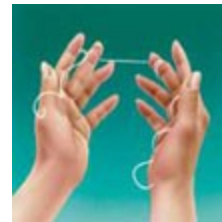
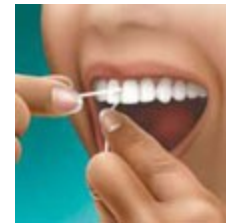
How to avoid Dental problems- Brushing & Flossing

- 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.

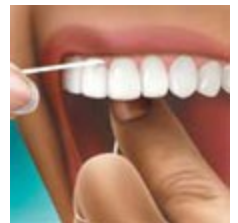


Brushing & Flossing

- 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



Ears



- Wash ears daily with a wash cloth don't 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 when you chew food or gum



Hands

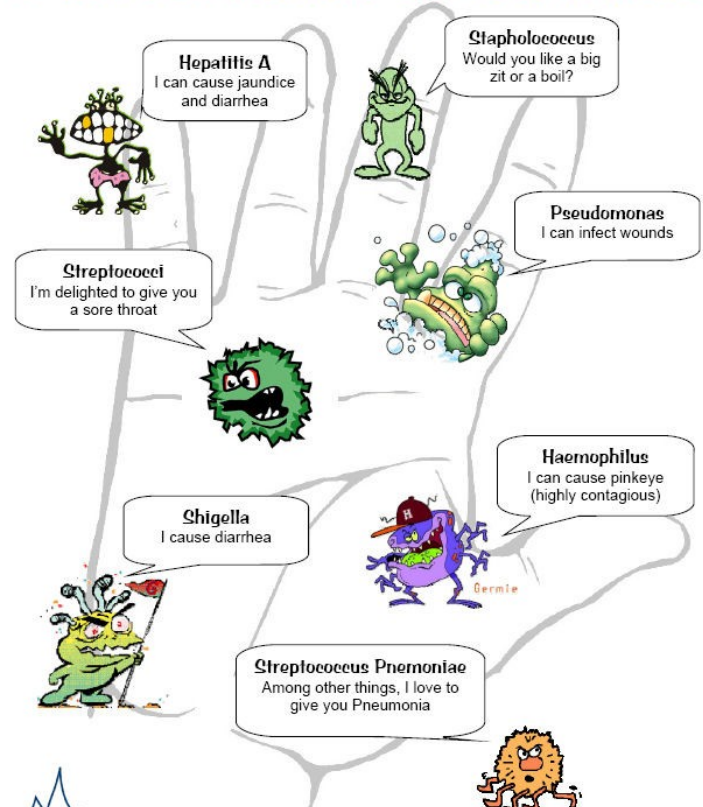
Germ Farm



Scrub'em!

www.1st-in-handwashing.com

What GERMS Are On Your Hands?



 Southeastern District Health Department
Healthy People in Healthy Communities

HAND HYGIENE

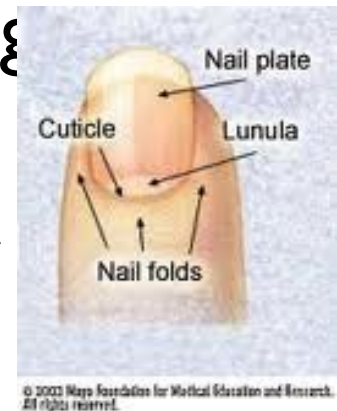
- First, wet hands and apply liquid or clean bar of soap.
- Next, rub your hands together and scrub all surfaces (palms, fingers, and in between).
- Continue for 10-15 seconds. Soap combined with the scrubbing action that helps remove germs.
- Rinse well and dry your hands.



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 your 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 your hands in warm water.
- To keep your cuticles neat, push them back after soaking your hands, while they are soft.
- You may also use cuticle remover , a chemical that dissolves the cuticle

Feet Care



Large collection of sweat glands live in our feet

- Wash your 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

Make Hygiene part of your daily routine



Thank You

