

Personal Hygiene

“Hygiene” refers to conditions and practices by which people maintain or promote good health by keeping themselves and their surroundings clean.



Kitchen sponges and clothes: Food particles from last night’s dinner cleanup are still clinging to your sponge or dishrag, but that is not the main problem. It is the moist environment that makes it a playground for bacteria to grow and multiply. [Change your sponges regularly. Use separate sponges for separate jobs]



Cooking: Proper cooking, kills food-poisoning bacteria. It is important to cook food thoroughly, especially meat. When reheating food, make sure it is piping hot all the way through and do not reheat it more than once. Wash vegetables thoroughly clean before cooking.

Handling food: Do not handle food when you are ill with stomach problems, such as diarrhoea or vomiting. Do not touch food if you have sores or cuts, unless they are covered with waterproof

dressings.

Cutting boards: Cutting boards are used to prepare a variety of foods. [Keep separate boards – one for meats and another for produce to avoid cross contamination. Clean it after every use. If your board is cracking or developing deep grooves toss it and buy another – those grooves can harbour bacteria]



Tooth brush: Our mouths are full of bacteria, which can transfer to our brushes after a cleaning. [Allow the brush to air-dry between brushings. A good hot water rinse after brushing is good. Remember to change them every few months and after someone’s been sick, particularly if it is gastrointestinal]

Computers and cell phones: Bacteria left over from handling food, suppressing a cough or changing the cat litter can get deposited on these common household devices like cell phones, hand held organizers, TV remotes etc. [Wash your hand often. Wipe down phones and keyboards using alcohol-based wipes when needed. Avoid antibacterial-based wipes though, because using them too often can contribute to the resistance of some bacteria]

Pets: Pets carry bacteria from playing, walking and eating outside. If your dog investigates something dead and rotten, all kinds of bacteria get tracked into your



home on paws and fur. [Brush the pets regularly which can harbour dirt and bacteria. Wipe the pet's paws when it comes from outside. Do not kiss pets on the mouth - dogs eat anything that is on the ground]

Hands: People who wash their hands upon entering the house have 50% fewer colds. While cooking, especially when packing lunches, you can prevent food from spoilage and minimise contamination by keeping your hands clean. While handling food, avoid scratching, or touching the ears, nose, mouth, etc. Nail polish users should see that it does not chip off into the food.

Handwashing Procedures:

- Before, during and after you prepare food.
 - Before you eat and after you use the bathroom.
 - After handling animals or animal waste.
 - When your hands are dirty.
 - More frequently when someone in your home is sick.
- It is also important to use the proper procedure:
- Wet your hands and apply a liquid or a bar soap. Bar soap should be placed on a rack and allowed to drain.
 - Rub your hands vigorously together to scrub all surfaces and continue for 10-15 seconds.
 - Rinse well and dry your hands.



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bath. Those who use socks and a clean pair

Let us Save the Planet

Fre. Air change is more important than the cubic space requirement. When a window and an open door (or a bigger window) are placed in line with each other unequal pressure is created and air moves from one opening to another. This ensures fresh air supply.

Light: Poor lighting causes strain to the visual apparatus and causes general fatigue. Light colours of the walls and ceilings reflect more light and make the room brighter. A tall window facilitates greater penetration of light. A broad window enables better diffusion of light. The ideal window size should be 10% of the floor space.

Dear Parents!

- 🌿 Good hygiene habits are much easier to introduce when your kids are young. By the time your child starts school he should have good washing habits.
- 🌿 Family members should avoid sharing towels - this is a common way to spread skin bacteria that might lead to infection.
- 🌿 Encourage children to wash their hands after using the restroom, before they eat and snack, after they handle animals, and whenever they seem

dirty.

- 🌿 Your mouth is not completely clean until you have brushed the tongue.
- 🌿 Make sure that your child gets regular - twice a year dental check-ups.
- 🌿 Be a role model! You can't of course, expect your child's room to be cleaner than the rest of the house.
- 🌿 Discourage and stop chewing gum, which is mostly made from plastic.
- 🌿 Encourage children to brush his teeth at least twice a day, ideally within five minutes of eating.

