GOOD PERSONAL HYGIENE MUST BE A PART OF YOUR REGULAR ROUTINE

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As published in everyday health forum, proper grooming and healthy personal habits can help you ward off illnesses and feel good about yourself. Personal hygiene habits should be part of your regular routine. It is essential in promoting good health.

Good personal hygiene is one of the most effective ways to protect ourselves and others from many illnesses. It is the heart of having a proper and healthy health condition. It is one of the easiest ways to stop or prevent diseases that can be passed through hand on hand or airborne diseases.

Personal hygiene habits such as washing your hands, brushing and flossing your teeth will help keep bacteria, viruses and illnesses. People who have poor hygiene – dishevelled hair and clothes, body odor, bad breath, missing teeth and the like – often are seen as unhealthy and may face bullying.

If you want to minimize your risk of infection and also enhance your overall health; follow these basic personal hygiene habits as posted at everydayhealth.com

- Bathe regularly.
  - Wash your body and your hair often. You should clean your body and shampoo your hair at regular intervals that work for you. Your body is constantly shedding skin; that skin needs to come off, otherwise it will cake up and can cause illnesses.

- Trim your nails.
Keeping your finger and toenails trimmed in good shape will prevent problems such as hang nails and infected nail beds. Feet that are clean and dry are less likely to contract athlete’s foot.

- Brush and floss.
  - Ideally, you should brush your teeth after every meal. At the very least, brush your teeth twice a day and floss daily. Brushing minimizes the accumulation of bacteria in your mouth which can cause tooth decay and gum disease.

- Wash your hands.
  - Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing and after handling garbage; goes a long way toward preventing the spread of bacteria and viruses. Keep a hygiene product like an alcohol-based sanitizing gel, handy for when soap and water isn’t available.

- Sleep tight.
  - Get plenty of rest – 8 to 10 hours a night – so that you are refreshed and ready to take on the day every morning. Lack of sleep can leave you feeling run down, can compromise your body’s natural defenses and your immune system.

Your proper hygiene habit plays a big difference in your health.

References:

Everydayhealth.com
By: Beth W. Orenstein
Reviewed by: Niya Jones, MD, MPH