

PERSONAL HYGIENE IS THE KEY TO PUBLIC HEALTH

Mere existence is not the only obligatory, harmony of the beings with the environment is the quality of life.

Henry miller "Nine-tenths of our sickness can be prevented by the right thinking plus right hygiene – nine tenths of it".



- The word Hygiene can be defined as a science of the establishment and maintenance of health.
- It also refers to conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.
- Medical hygiene includes a specific set of practices associated with this preservation of health, for example environmental cleaning, sterilization of equipment, hand hygiene, water and sanitation and safe disposal of medical waste. (WHO)

GOOD HYGIENE PRACTICES

→ CLEAN HANDS ARE SAFE HANDS

→ COVER WHILE YOU SNEEZE AND COUGH

→ TOILET HYGIENE

CLEAN HANDS ARE SAFE HANDS

Health Facts:

- 1.7 million children die from diarrhoea and pneumonia each year.
- Hand Washing:
 - Reduces diarrheal disease-associated deaths by up to 50%.
 - Reduces the risk of foodborne illness and other infections.
 - Reduce the risk of respiratory infections by 16%.
 - Proper hand hygiene prevents (40%) health care associated infections and improves quality of care.

15th October - Global Hand Washing Day

When should you wash your hands?

1. Wash before, during & after preparing food.
2. Wash before & after eating food.
3. Before & after caring for someone who is sick.
4. Before & after treating a cut or wound.
5. After using the toilet.
6. After changing diapers or cleaning up a child who has used the toilet.
7. After blowing your nose, coughing, or sneezing.
8. After touching an animal, animal feed, or animal waste.
9. After touching garbage.

Hand Washing Technique:

Wash Your Hands

Wet hands

Apply soap

Wash for 20 seconds

Rinse well

Dry hands

Turn off tap with towel

Rub your hands and arms vigorously for 20 seconds. Wash all surfaces including: Back of hands, wrists, between fingers, under finger nails.

**COVER WHILE YOU SNEEZE
AND COUGH**

**COUGHING AND
SNEEZING HYGIENE**

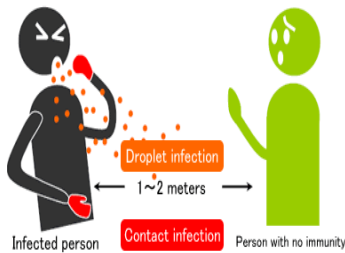


Health Facts:

Respiratory infections like Influenza (flu), Whooping cough, Tuberculosis (TB) and other respiratory viral infections spread by cough, sneezing, or unclean hands especially in crowded places or in close contact with the sick person. (CDC)

Tuberculosis (TB):

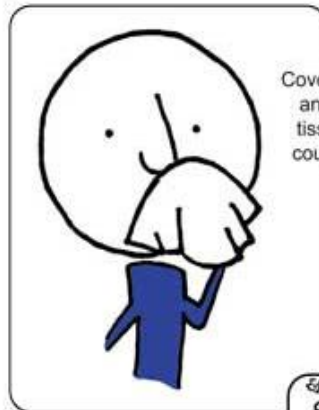
- India has the highest TB burden - estimated incidence of 2.2 million cases. (WHO)
- A single Patient can infect 10 or more people in a year.
- TB infected persons transmit respiratory fluids through the air while cough, sneeze.



COVER WHILE YOU SNEEZE AND COUGH

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

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



Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

Clean your Hands

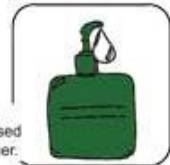
after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or

clean with alcohol-based hand cleaner.



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TOILET HYGIENE



19th November – World Toilet Day

Health Facts:

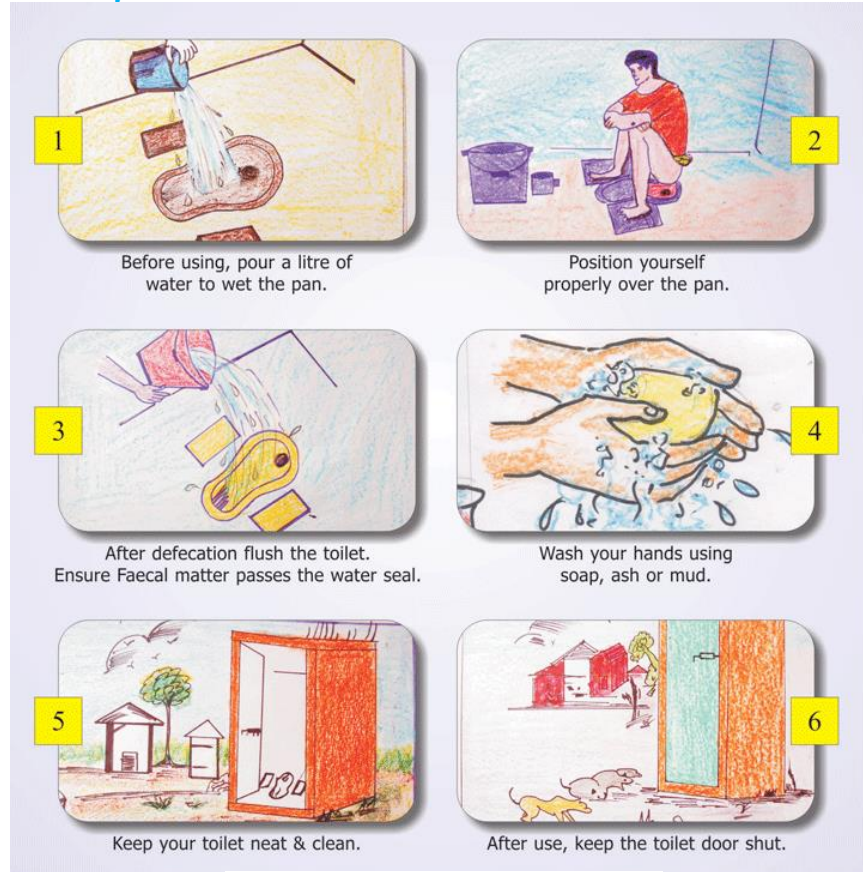
- Every year, diarrhoea from contaminated water and poor sanitation kills 140,000 Indian children under the age of five. (National Health Portal)
- 50% of all malnutrition cases are associated with inadequate sanitation.
- Regular hand washing could reduce incidence of diarrhoea by 42 – 47%.
- Safe water, good hygiene with improved sanitation could prevent around 842,000 deaths each year.

Points to Ponder:

1. Average person visits the toilet 2500 times a year & 6-8 times in a day.
2. 60.4% of the Indian population still has no access to sanitation & toilet facilities.
3. Until the next flush >1million bacteria stay alive.
4. More people in the world have a mobile phone than a toilet.
5. Single hand can populate 200 million bacteria per square inch after using the toilet.
6. 80% of the wastewater generated by society, flows back into the ecosystem without being treated or reused globally.

TOILET HYGIENE

How to use your toilet?



Source: Plan International India.

Sources:

1. CDC - www.cdc.gov
2. National Health Portal - <https://nhp.gov.in>
3. Plan International India. - <https://plan-international.org/india>