What is Personal Hygiene?

Hygiene is more than just being clean. It is defined as the many practices that help people be and stay healthy. Practicing good personal hygiene is smart for two reasons. First, it helps prevent people from catching and spreading illness and disease. Second, it helps people feel good about themselves and their bodies!

http://www.webhealthcentre.com/HealthyLiving/personal_hygiene_index.aspx

Hands

If you do nothing else, please wash your hands! But, knowing when to wash with soap and water or when to use hand sanitizer can be tricky. These lists can help!

Use soap and water...
- before and after eating
- before, during, and after preparing food
- after handling animals/animal waste
- after changing diapers
- after going to the bathroom
- anytime your hands are visibly dirty

Use hand sanitizer....
- after shaking hands
- after touching surfaces that others have touched (or that are used a lot) like phones, computer keyboards, handrails, doorknobs, etc.
- after handling money

Hair

Did you know that you don’t actually need to wash your hair everyday? In fact, washing it every other day will help to maintain the scalp’s natural oils which are good for your hair! When you do shampoo (which you should, at least once a week), massage your scalp with the pads of your fingers and be sure to rinse shampoo completely. Also, avoid sharing hair accessories, it may seem like a good idea but it’s not!

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Skin

Did you know that your skin holds the title as the largest organ in the human body? As you can imagine, taking care of your skin is very important! Soap and water are essential for keeping your skin clean. Typically, a mild soap will work but you’ll want to avoid soaps that dry out your skin. Additionally, you’ll want to completely rinse off all soap and dirt from your body to ensure that dirt doesn’t get trapped in the folds of the skin. Adults should shower or bathe at least once a day to maintain proper hygiene and to keep body odor at bay.


Eyes

Some say eyes give you insight into one’s soul. Even more so, it is important to keep your eyes healthy! Although eyes naturally produce tears that help to remove toxins and irritants, it is important for you to take control over your eye hygiene. Always be sure to wash your hands before touching your eyes; not doing so can result in a cold or infection. In fact, germs are more likely to enter the body through your eyes than any other body opening! If you wear contact lenses, always wash your body opening! If you wear contact lenses, always wash your ears, never insert a Q-tip or anything else into your ear. Doing so could puncture your eardrum or push wax further in creating a blockage. !lso, do not wash the inside of your ear. It is recommended by the American Dental Association that you brush your teeth at least twice a day with a soft bristle brush and floss your teeth at least once a day to help prevent cavities and to keep your gums clean!

www.ivillage.com/body-shop-your-head-toe-personal-hygiene-guide/

Body Odor

Nothing puts a damper on your self-esteem like bad body odor. Fortunately there are a number of things you can do to prevent or limit body odor! Cutting out certain foods such as garlic, curry, coffee, alcohol, baked goods, and fried foods can help prevent diet-related body odor. Also, wearing an antiperspirant can help to limit sweat which when combined with bacteria naturally created by the body, can cause body odor.

“People will make judgments before you even speak based on the way you look. Most definitely your physical appearance matters. The way you dress, your hygiene - it all matters.” - Jonathan Adler

Stall Talk is brought to you by Beu Health Center Graduate Assistant Liz Andrews and Students T.A.L.K. peer educators. For more information, call 298-3225. For more health info, visit beu.wiu.edu. For adaptive format, see Disability Support Services.