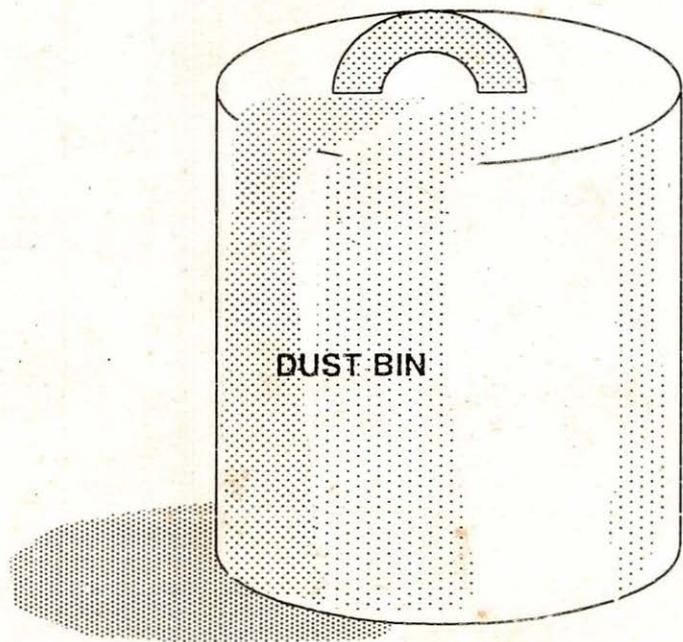




GUIDE TO PERSONAL HYGIENE



EXTENSION GUIDE

138

P

GUIDE TO PERSONAL HYGIENE



INTRODUCTION:

Hygiene refers to conditions or practices that establish and maintain health. A healthy body is a valuable asset and essential to comfortable life. It is more tolerant to diseases than an unhealthy body. In order to establish and maintain a healthy body, certain practices are very essential. These practices include bathing and keeping our body parts clean, keeping dresses and the environment we live clean. They also include keeping water, food and home utensils very clean at all time.

BATHING

The skin is washed to remove dirt, dried perspiration and to give the body a pleasant smell. Bathe your body with soap and water every day. Bathing with soap and water removes dust and other waste matter from the skin.

Taking cold baths during hot weather helps to prevent prickly heat rashes and other skin infections. Bathing often helps to prevent body odours and body lice. Clean and non contaminated water is however, very essential.



Fig 1

KEEP YOUR CLOTHING CLEAN

Clothing is worn for three purposes:-

- 1) to keep the body warm and conserve heat.
- 2) to protect the body from sun, wind and rain.
- 3) for personal adornment.

Clean clothes on clean bodies is a good rule to following Dirty clothes carry disease germs and help to attract bodylice. Wash clothes often, put them in the sun to dry and store them in clean, dry place.



Fig 2

PERSONAL TOWELS

It is a good rule for every member of the family to have his own towel. Each person's towel should be hung in a separate place. Towel must be washed frequently to keep them clean. Different colours and designs should be bought for children to aid identification.

If more than one person have to use a towel, the towel should be washed

daily and hung in the sun to dry.

Create space for Fig. 3

CARE OF THE HAIR

Wash your hair as frequently as possible with clean water. If you are not sure the water is free from disease germs, boil for 3-5 minutes and allow it to cool down before using it. Washing hair with soap and water often helps to prevent head lice. Examine your hair often to see if you have lice or nits (eggs of louse). You can feel their presence When your head becomes itchy. At this point they are feeding on your blood. Head lice can spread from one person to all other members of the family in a short time. Examine everyone's hair as frequently as possible for early identification of lice presence.



Fig 4

LICE AND NITS: Lice are little flat insects (“ina” or “ero” Yoruba. “Igwu” -Ibo. “Kwarkwata” -Hausa). They have six legs with which to scuttle over the skin and at the end of each leg is a little claw for holding on the hair.

Lice can live only on one kind of host e.g. human lice can live only on human beings, dog lice only on dogs etc. They live by sucking the blood of their host. They lay eggs called nits which hatch out directly into little lice.

HEAD LICE: The human head lice live in the hair of the head and beard. They are greyish white and are easily identified in dark hair but not so easily in white or light hair. Their nits are white and stick to the hair.

BODY LICE: The human body lice are larger than the head lice. The female lay eggs in creases or folds of dresses. Body lice are known to spread "typhus fever."

To be free from body lice, cleanliness of body and clothing is essential. You should observe the following tips to avoid body lice.

- (a) Don't put clean cloths on a dirty body or dirty clothes on a clean body.
- (b) Iron the clothes. The hot iron will help to kill the lice and nits.
- (c) If an iron is not available, you can boil the clothes. Check seams to be sure lice are killed.
- (d) Dry clothes in the sun.

HANDS AND NAILS

Keep your hands clean. Washing your hands often helps to avoid spreading disease germs.

create space for fig 5

Wash your hands before you:-

- (a) Start to prepare food
- (b) eat
- (c) set the table

- (d) handle food, dishes, or other eating utensils
- (e) handle a sick person
- (f) handle the baby.

Wash your hands after you:-

- (a) go to the laterine
- (b) use a handkerchief
- (c) handle animal
- (d) work in the garden
- (e) cough and sneeze
- (f) handle a sick person.

Clean water must be used to wash each person's hands.

Dirt that gather under finger nails can carry disease germs. Cut your nails short.

CARE OF YOUR FEET

Take good care of your feet by washing them thoroughly. Feet perspire like any other part of the body. Wash them "frequently as may be necessary. After washing dry care-fully between the toes. Keeping your feet dry and clean will help to keep away disease germs. Wear shoes to prevent tetanus, hookworm and other infection; shoes will also protect your feet from piercing objects and bites.

LIVE IN A CLEAN PLACE

It is easier to keep yourself clean if you keep your house and surroundings clean. When your home and surroundings are clean, you are protecting your health and your family's health Disease germs do not like clean places. Sweep, dust and scrub your house often. Keep windows, walls, floors and 'furniture clean at all times.



Fig 6

Prepare food in a clean place) cook food in clean pots and pans and eat from clean dishes. Drink clean and safe water which has been stored in clean containers.

Empty all body wastes e.g. human excreta, urine, vomit into a sanitary toilet. Cover hole to keep out flies and other insects. If a container is use for body waste e.g. children's potty, it should be emptied regularly into the latrine or toilet. Wash the container each day with water, soap and if possible a disinfectant (izal or detol etc).

Never throw waste water out through the window or door into the yard or compound. A damp yard and pool of water around the house may:-

- (a) Spread disease germs
- (b) Attract flies, mosquitoes and other insects
- (c) Cause bad odor

Do not allow garbage to pile up in your yard or around the house. Keep garbage in tight covered containers. Then burn or bury them. fresh air when sleeping. Too many people sleeping in the same room makes air stale. Sleep in clean beds and beddings.

Eat adequate diets. Your Extension Home Economist will teach you the right kinds and the amount of food needed by each member of the family at different ages and occasions.