



BHARATHIDASAN UNIVERSITY

TIRUCHIRAPPALLI-620 024

TAMIL NADU, INDIA

Programme: MSW

Course Title : Health and Hygiene

Course Code : CC-11b

UNIT III HYGIENE

Dr.D.Nirmala

Associate professor

Department of Social Work

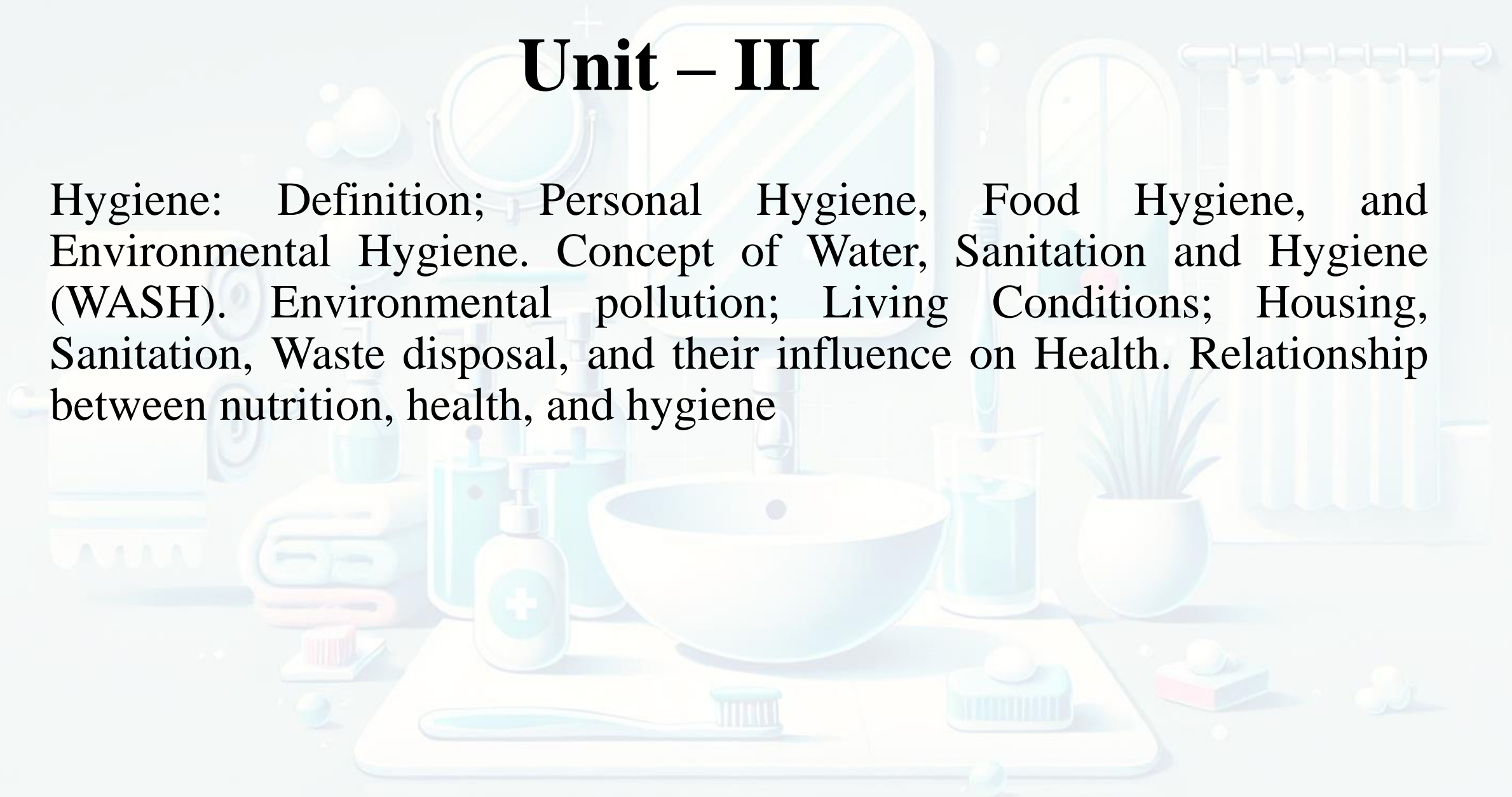


UNIT -III

HEALTH & HYGIENE

Unit – III

Hygiene: Definition; Personal Hygiene, Food Hygiene, and Environmental Hygiene. Concept of Water, Sanitation and Hygiene (WASH). Environmental pollution; Living Conditions; Housing, Sanitation, Waste disposal, and their influence on Health. Relationship between nutrition, health, and hygiene

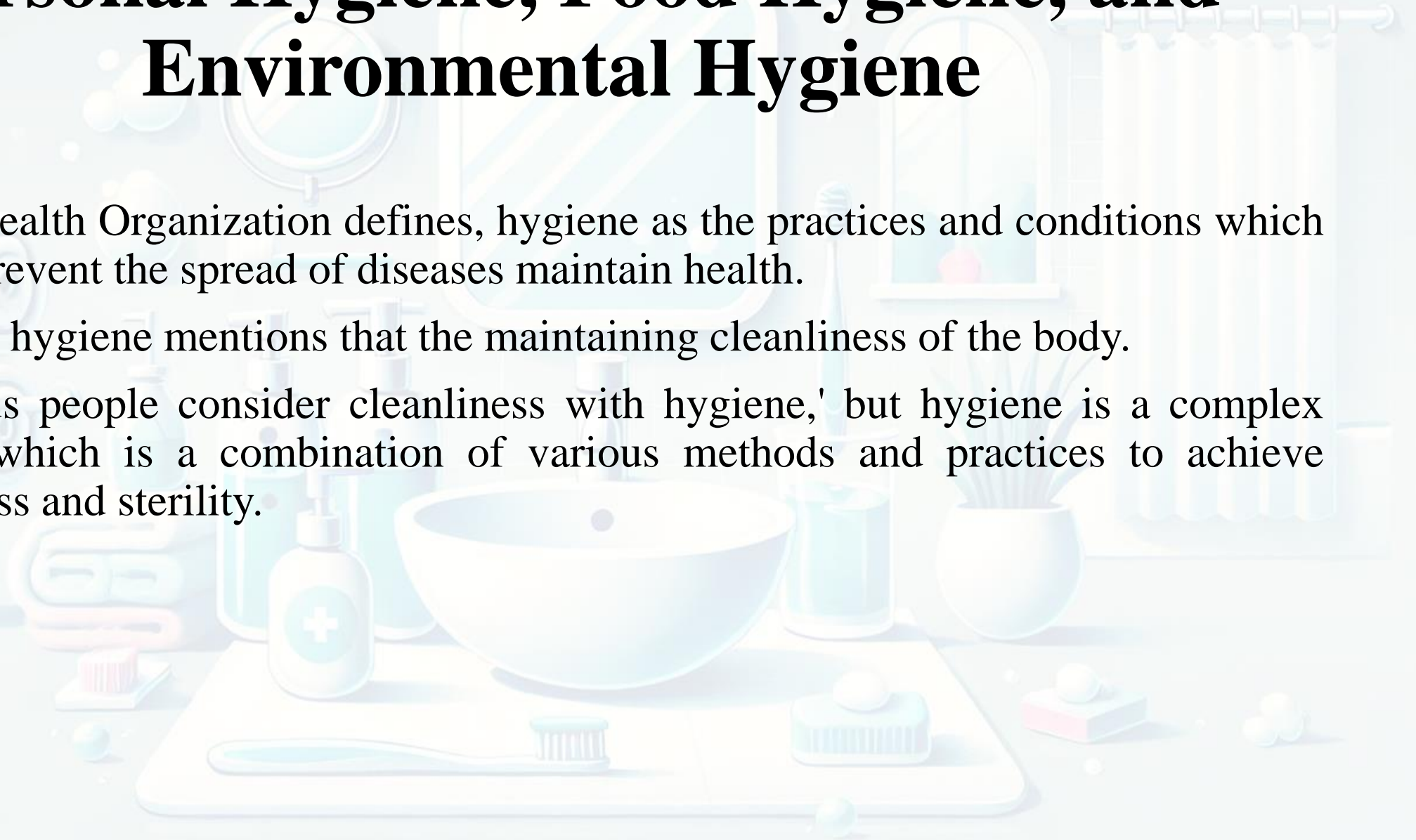


A soft, pastel-colored illustration of a bathroom. In the center is a white pedestal sink with a silver faucet. Above the sink is a large rectangular mirror with a white frame. To the left of the sink, there are two rolls of white towels hanging on a rack. In front of the sink, on a white tray, are a toothbrush, a bar of soap, and a small bottle of hand sanitizer. To the right of the sink is a glass of water and a small potted plant. In the background, there is a window with white curtains and a smaller round mirror on the wall. The overall scene is clean and organized, representing a focus on hygiene.

Personal Hygiene, Food Hygiene, and Environmental Hygiene

Personal Hygiene, Food Hygiene, and Environmental Hygiene

- World Health Organization defines, hygiene as the practices and conditions which help to prevent the spread of diseases maintain health.
- Personal hygiene mentions that the maintaining cleanliness of the body.
- Numerous people consider cleanliness with hygiene,' but hygiene is a complex process which is a combination of various methods and practices to achieve cleanliness and sterility.

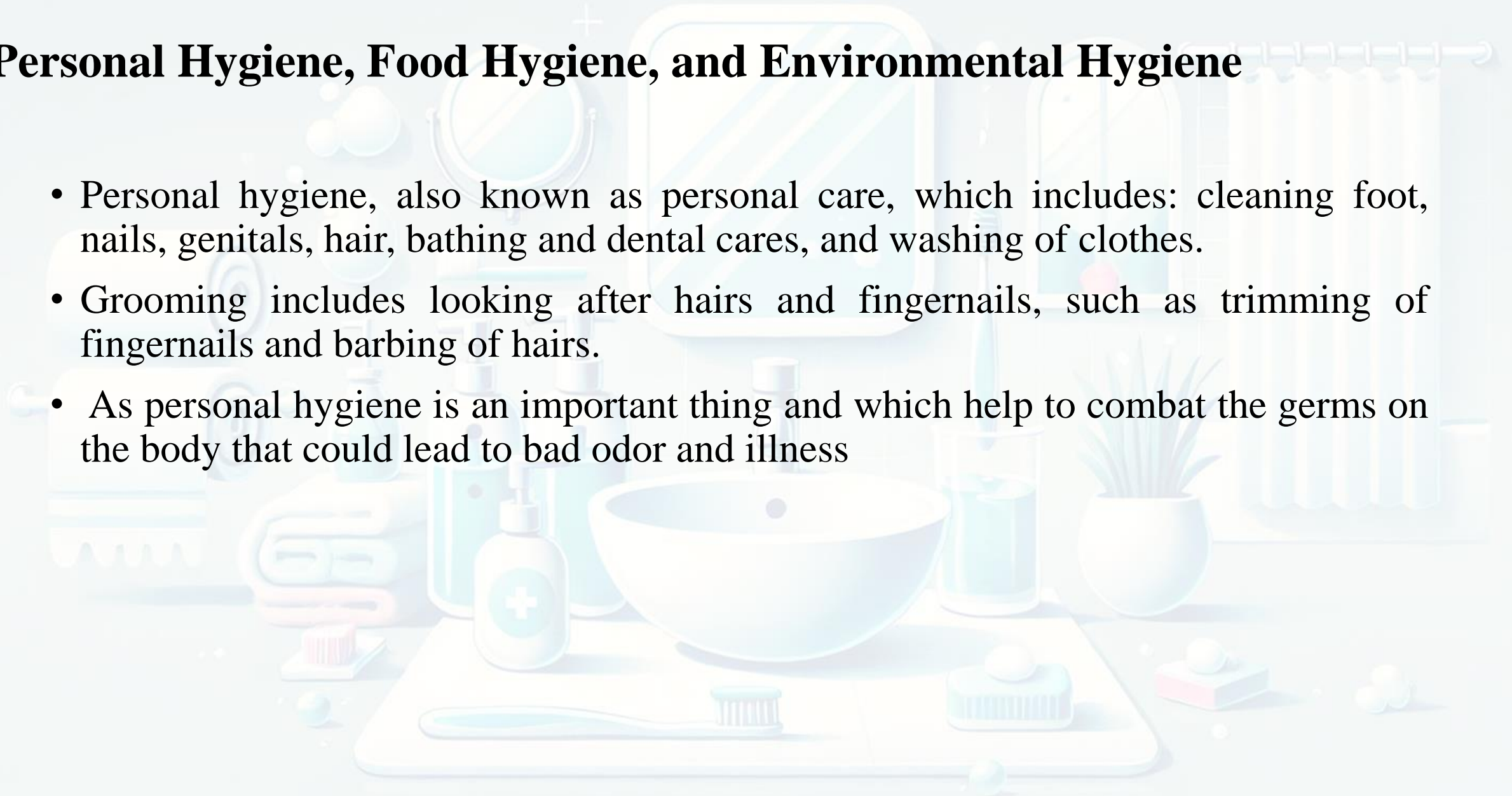


Personal Hygiene, Food Hygiene, and Environmental Hygiene

- The prime goal of **United Nation's Sustainable Development** is **well-being and good health** which has a **world-wide effect** as its aim of **reducing mortality**.
- The possibilities of achieving the main goal requires a paradigm shift via the conventional approach to **treatment, education and disease prevention**.

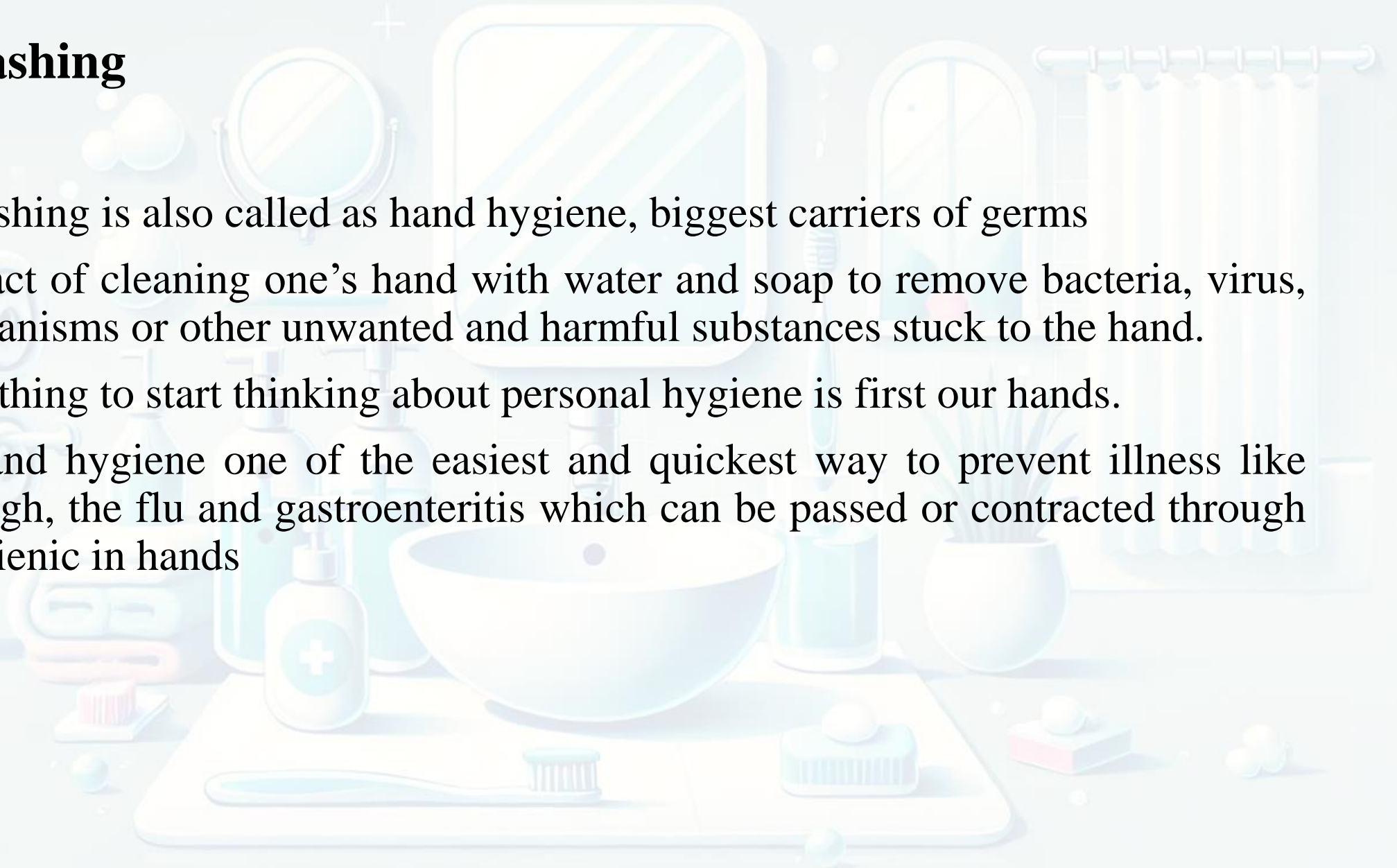
Personal Hygiene, Food Hygiene, and Environmental Hygiene

- Personal hygiene, also known as personal care, which includes: cleaning foot, nails, genitals, hair, bathing and dental cares, and washing of clothes.
- Grooming includes looking after hairs and fingernails, such as trimming of fingernails and barbing of hairs.
- As personal hygiene is an important thing and which help to combat the germs on the body that could lead to bad odor and illness



Hand Washing

- Hand washing is also called as hand hygiene, biggest carriers of germs
- It is an act of cleaning one's hand with water and soap to remove bacteria, virus, microorganisms or other unwanted and harmful substances stuck to the hand.
- The best thing to start thinking about personal hygiene is first our hands.
- Good Hand hygiene one of the easiest and quickest way to prevent illness like cold, cough, the flu and gastroenteritis which can be passed or contracted through poor hygienic in hands



Hand Washing



- The main way to prevent or stop the spread of the potential illness causing germs is by washing hands regularly and thoroughly with soap and water.
- The main situations to wash the hands include
 - ▪ Preparing food or before eating.
 - ▪ Before handling the baby or infant.
 - ▪ After handling animals.
 - ▪ After coughing or sneezing or being around someone who is ill.
 - ▪ After using the toilet

Dental care

- Taking care of the teeth and practicing good oral hygiene will prevent gum disease, nasty infections and any tooth decay.
- To prevent all these infections and decay of tooth one should brush the teeth twice a day- in the morning and before bed.
- After brushing the teeth one should store the tooth brush in a clean, dry place and replace it regularly once every three months and especially after illness.

Bathing

- Bathing is the main process of **cleaning the body externally**.
- Bathing with **warm water and soap** helps to keep the **body clean and hygienic** which is the main care for the body.
- During summer or **hot weather taking bath twice a day is a good** idea if possible. Daily washing the body is an important part of personal hygiene for many reasons like
- Bathing daily with soap and warm water helps to **prevent odour which comes from the body as it kills the bacteria on the skin** which is responsible for the bad odour.

Bathing

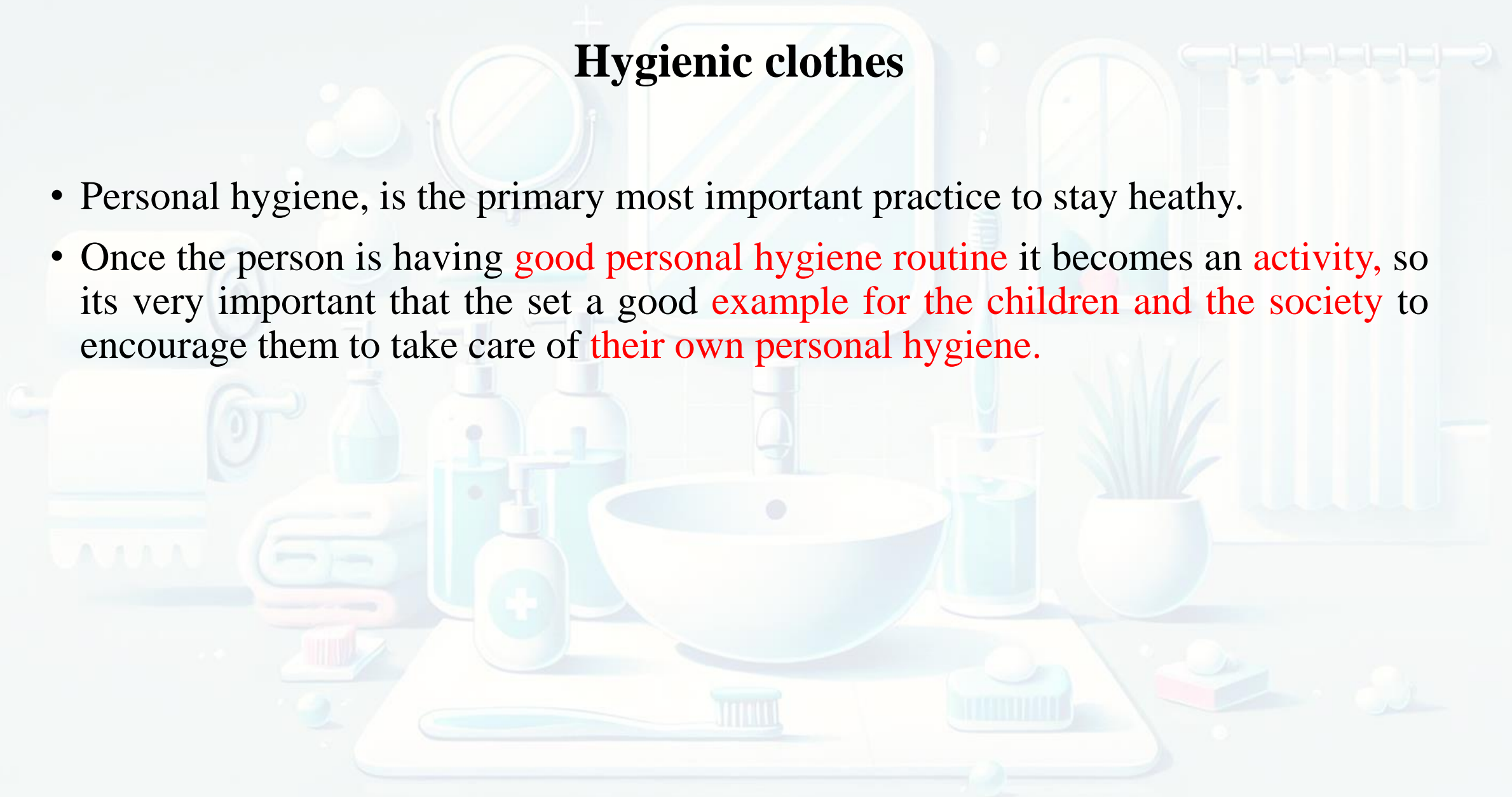
- Those suffering from any kind of **skin infections like athlete's foot** or others, the **effective method is to wash and dry the area on a daily basis** which in **turn can help to improve the condition.**
- Those who **got wet in rain or have been out in the city**, taking bath or shower after getting home using **soap and warm water** can help **clean any harmful germs off from the body.**
- **Washing hair at least once a week** using cleansing solutions like shampoo and conditioner can help **prevent head lice** which in **turn can improve uncomfortable and itchy sensation**

Hygienic clothes

- **Bacteria and dirt** can build up on the clothes too.
- As a main part of **personal hygiene** routine, it is very important to take care of the **clothes by washing and changing the clothes regularly**, specially if anyone from the **family member is unwell**.
- To make sure the clothes are clean and hygienic **try adding antiseptic liquid to make the laundry to kill any germs** also making it **tidy and clean**

Hygienic clothes

- Personal hygiene, is the primary most important practice to stay healthy.
- Once the person is having **good personal hygiene routine** it becomes an **activity**, so its very important that the set a good **example for the children and the society** to encourage them to take care of **their own personal hygiene**.



Athlete's foot

- Athlete's foot; which is also termed as TINEA PEDIS.
- It is an **infection of the skin and feet** which is **caused by different fungi**.
- It is **spreading** when **contacted with infected skin scales or fungi** in **damp areas like showers and swimming pools**.
- Maintaining appropriate techniques may help to control Tinea pedis, which include **keeping nails short and clean, Wear sandals while entering any public showers, keep feet dry and cool, use appropriate medication for infection as recommended by physician**.

Athlete's foot



Body Lice

- Body Lice; which is termed as *Pediculus Humans Corporis*; are **parasites that can stay and leave eggs on cloths and can move to human skin for feeding on blood.**
- Body lice infestation can be found in worldwide.
- Maintaining proper techniques may help to control this parasitic infestation, which comprise **taking bath regularly, washing clothes using hot water, fumigation** also needed for sometimes.

Body Lice



Dental Caries

- which is also known as **cavities** and most commonly known as **tooth decay**.
- It is caused by **breakdown of enamel**; which occurs due to **presence of bacteria on teeth** that **breakdown foods and generate acid** that **destroys tooth enamel**.
- Maintaining **good oral hygiene can prevent dental carries**; which include **brush teeth twice a day, eat nutritious meals, visiting dentist**

Dental Caries



Normal Tooth



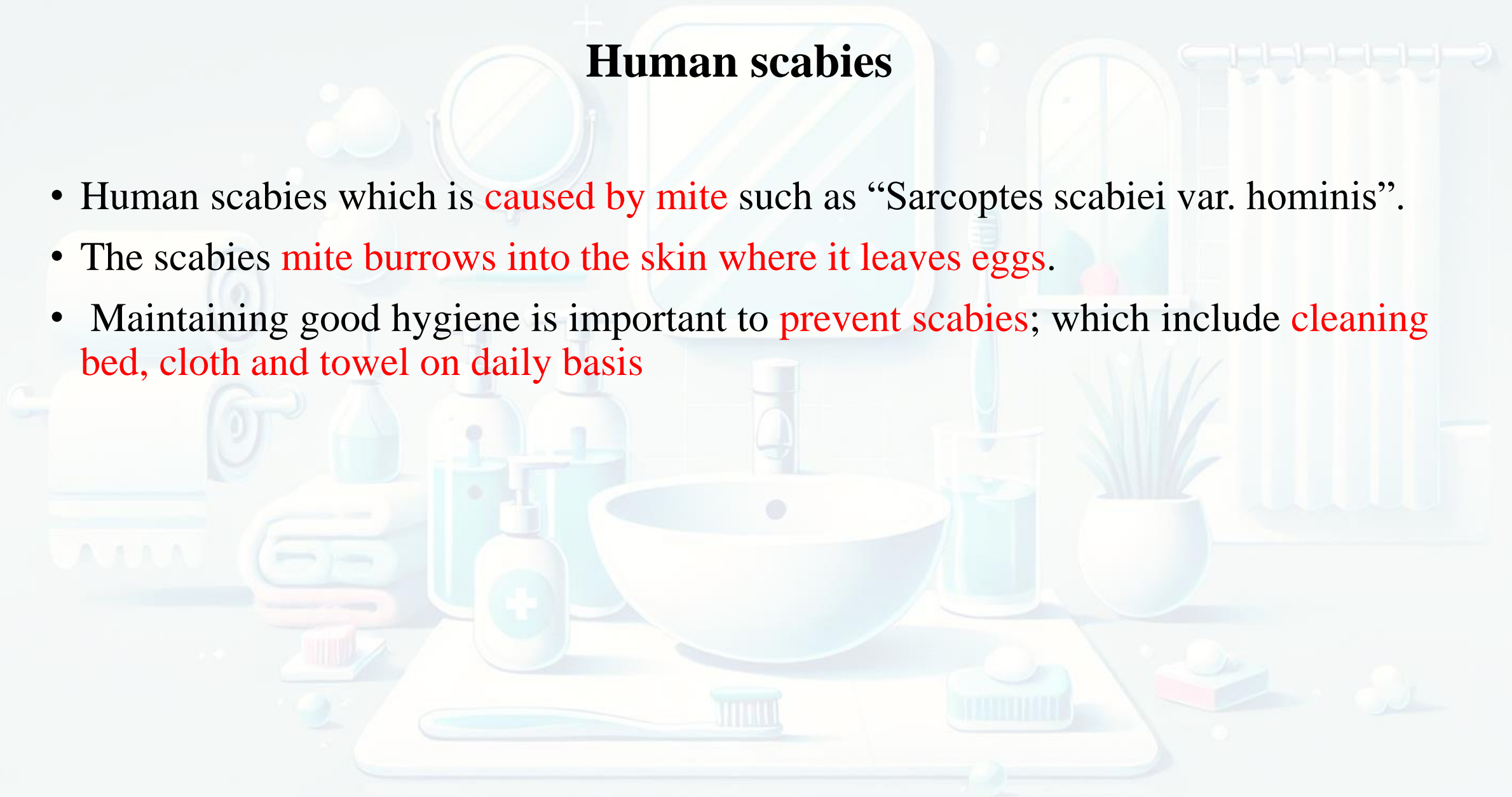
Dental Caries



Dental Cavities

Human scabies

- Human scabies which is **caused by mite** such as “*Sarcoptes scabiei* var. *hominis*”.
- The scabies **mite burrows into the skin where it leaves eggs**.
- Maintaining good hygiene is important to **prevent scabies**; which include **cleaning bed, cloth and towel on daily basis**



Human scabies

Cure For Scabies

Scabies Mite



Mites burrow under the skin and lay eggs

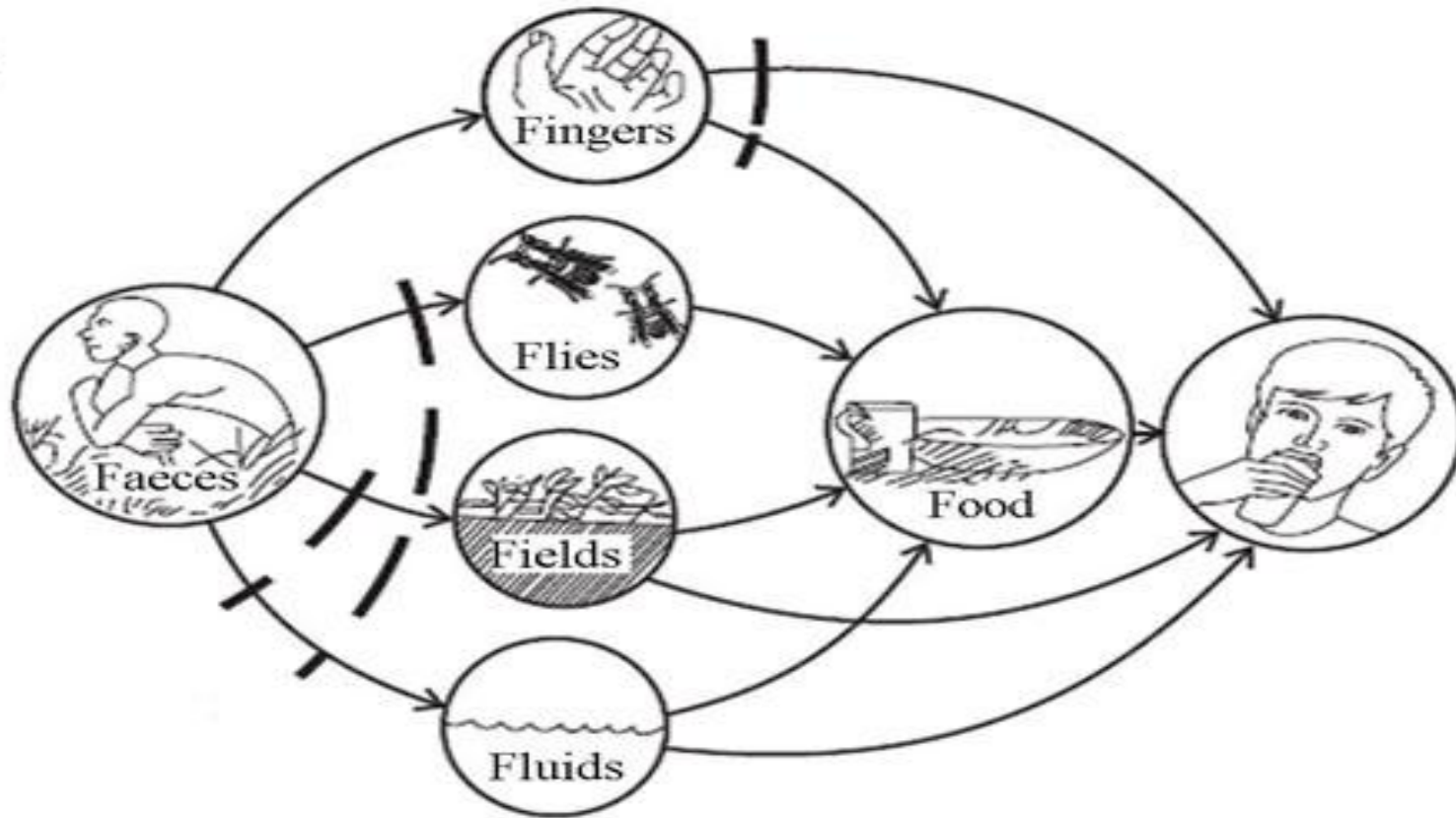


Key organizations supporting hygiene

- Association for Professionals in Infection Control and Epidemiology (APIC)
- Centre for Disease Control: Clean Hands
- Hand Hygiene Resource Centre
- Institute for Healthcare Improvement
- International Federation of Infection Control (IFIC)
- International Hospital Federation
- International Society for Quality in Health Care (ISQUA)
- National Resource for Infection Control (NRIC) UK
- Society for Healthcare Epidemiology of America (SHEA)
- Webber Training Inc

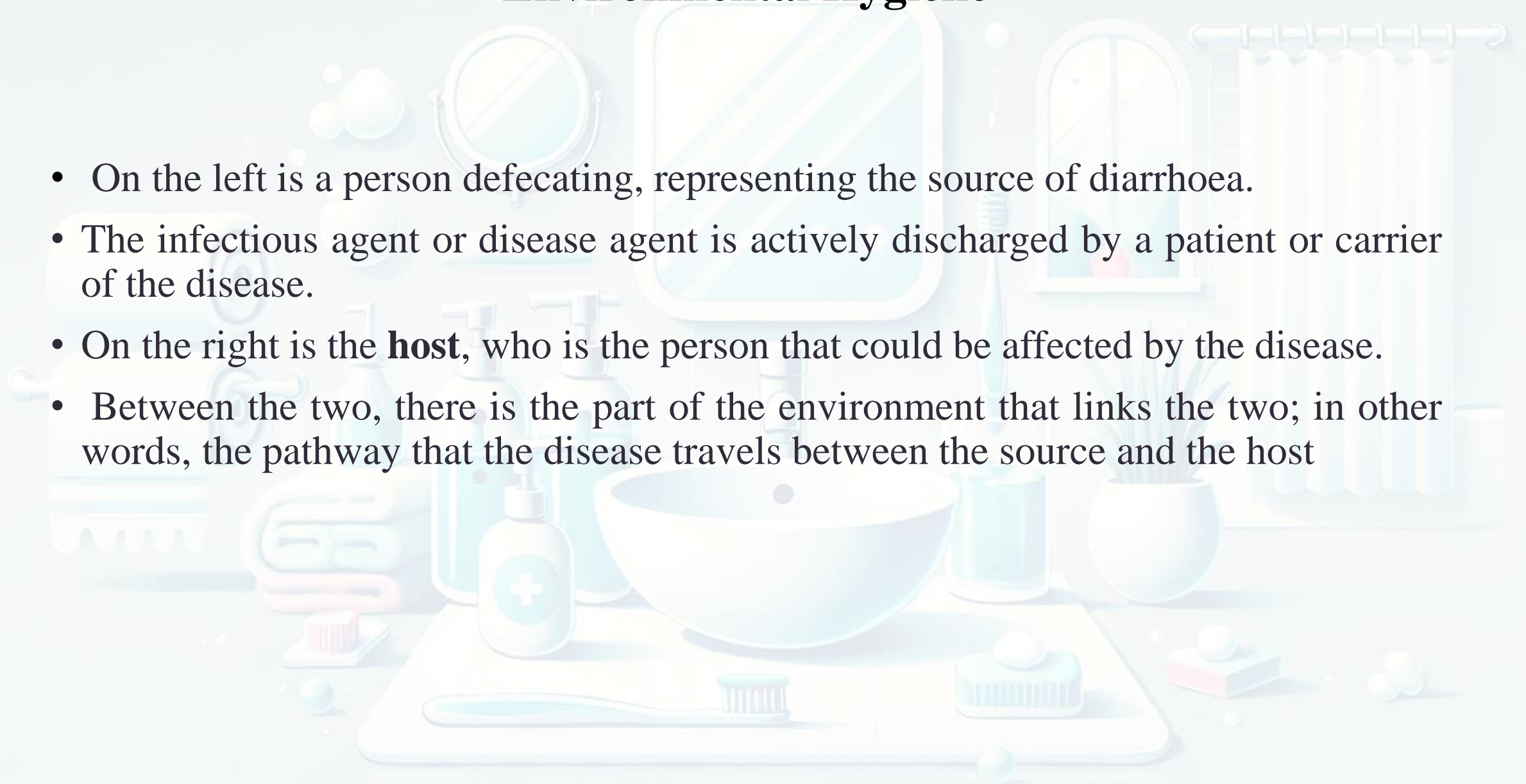
Environmental Hygiene

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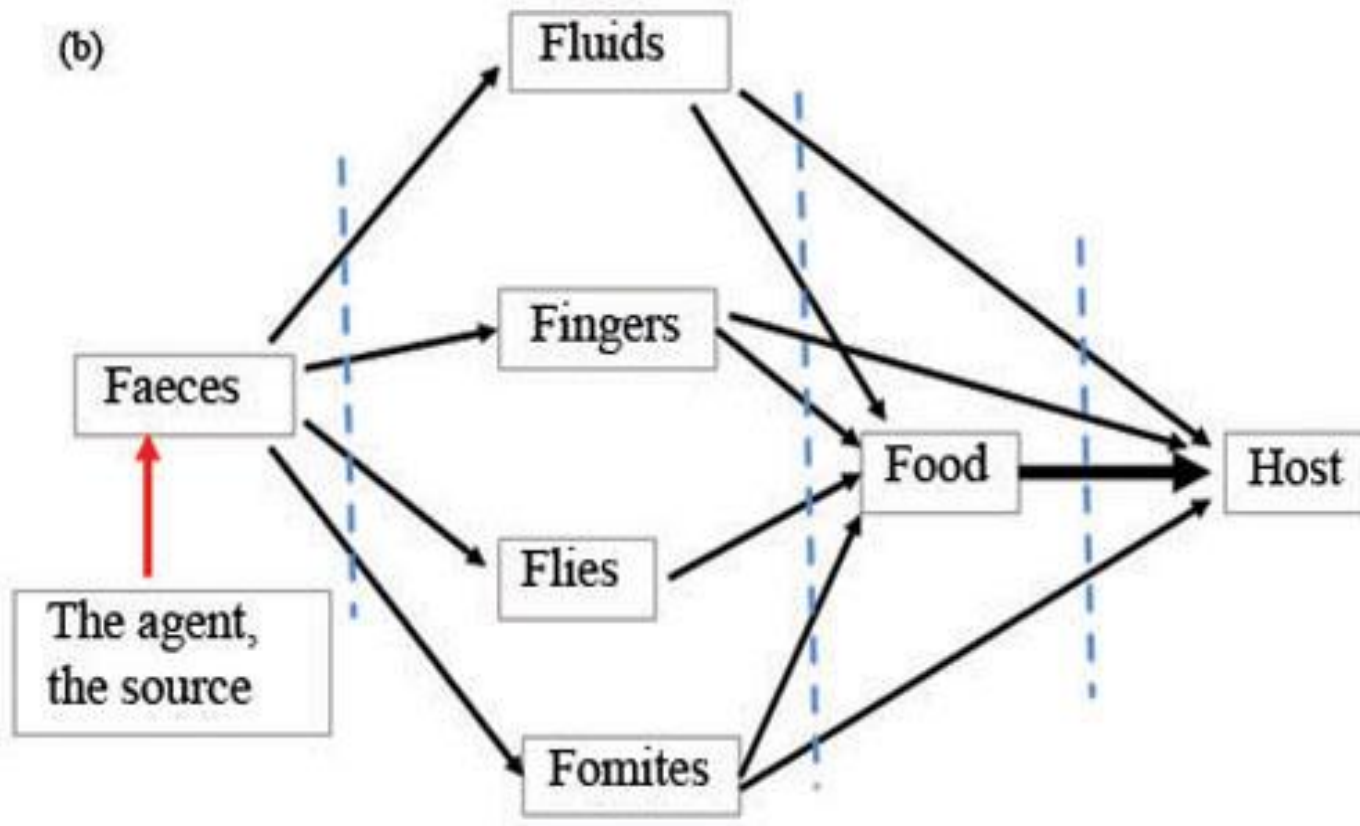


Environmental Hygiene

- On the left is a person defecating, representing the source of diarrhoea.
- The infectious agent or disease agent is actively discharged by a patient or carrier of the disease.
- On the right is the **host**, who is the person that could be affected by the disease.
- Between the two, there is the part of the environment that links the two; in other words, the pathway that the disease travels between the source and the host



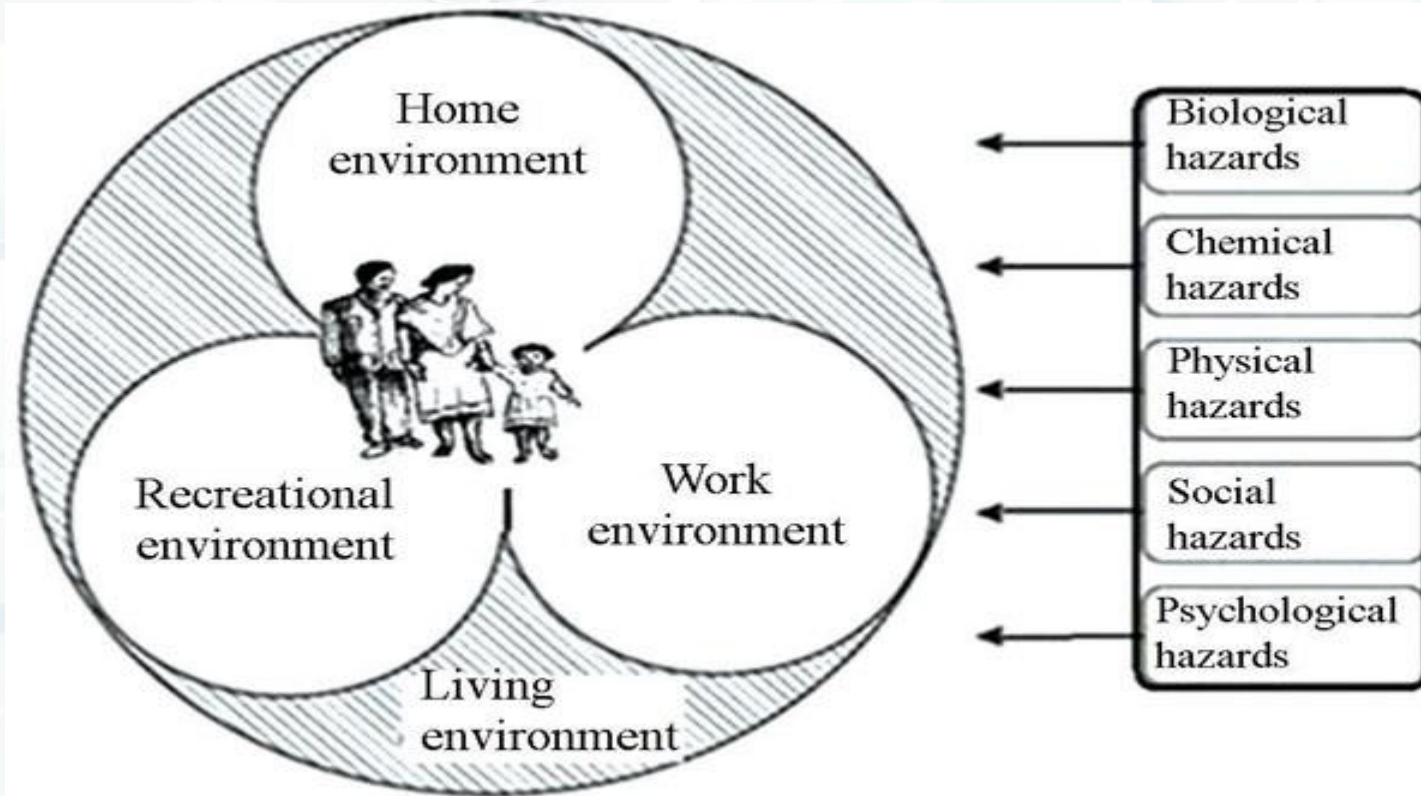
Environmental Hygiene



Environmental Hygiene

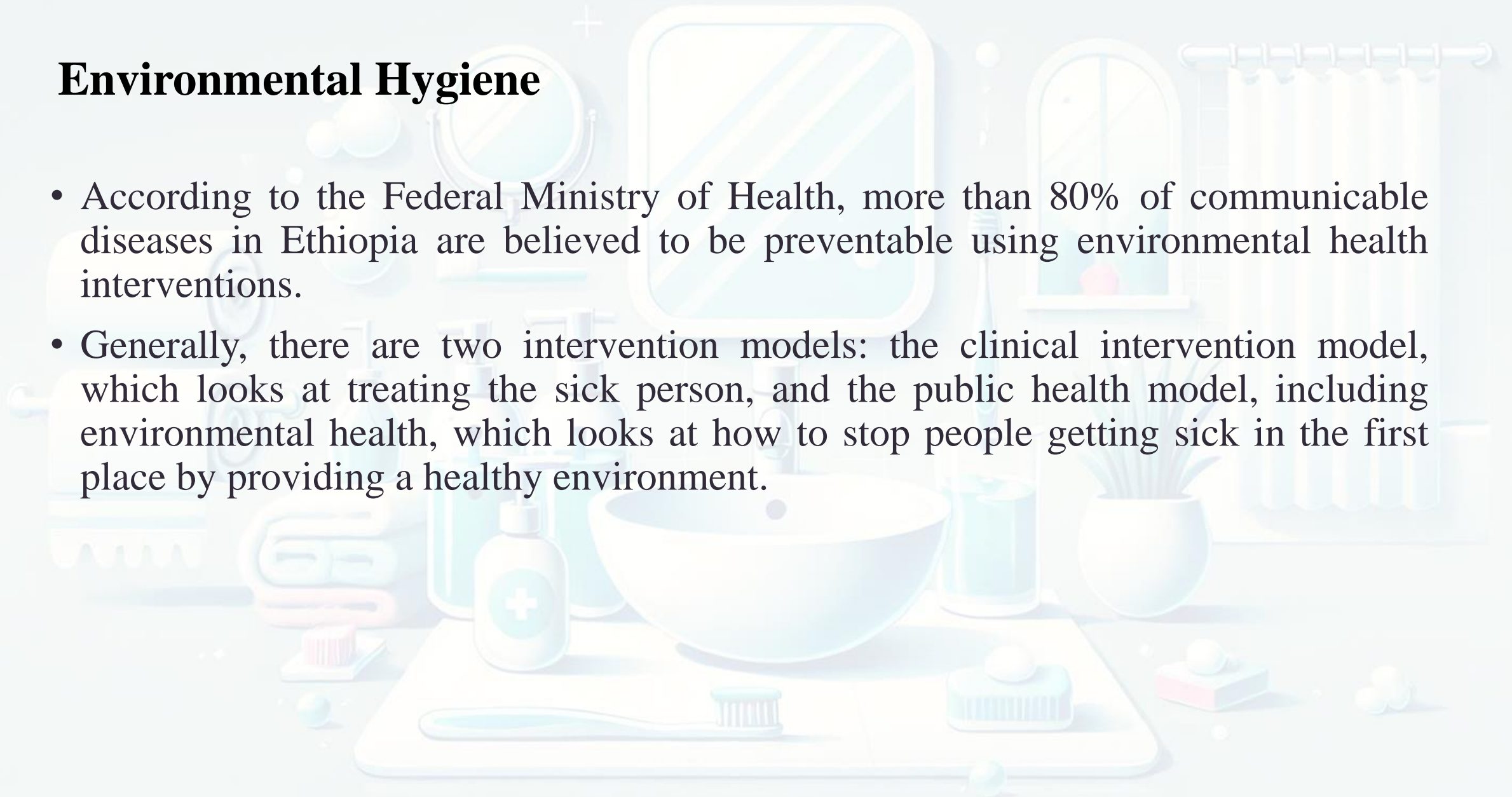
1. Faeces: resulting from defecation.
2. Fluids: through contaminated water and other contaminated liquids.
3. Fingers: contaminated fingers transmit diseases.
4. Flies: all sorts of animals such as flies can carry and transmit diseases.
- 5. Fomites** or fields: fomites are inanimate objects that carry the infectious agent (e.g. dishes, cups and other contaminated surfaces in contact with food or water).
6. Food: infected by fluids, flies, fingers or fomites and then eaten.

Environmental Hygiene

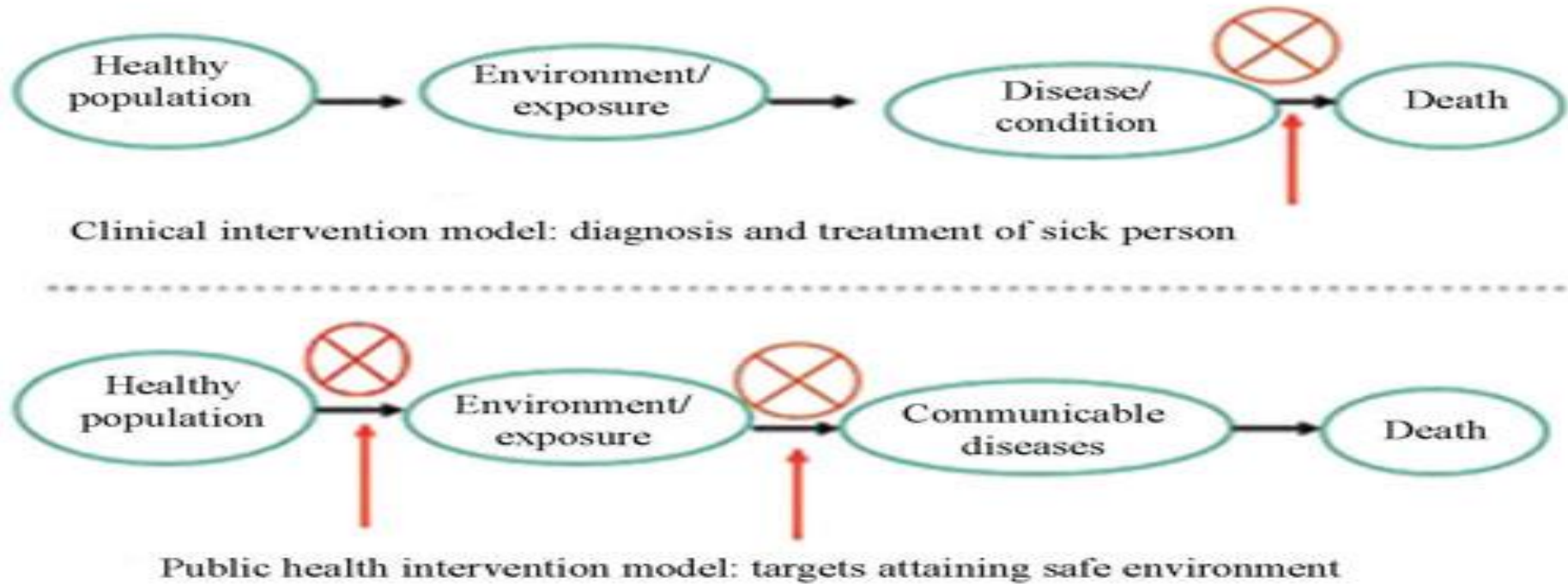


Environmental Hygiene

- According to the Federal Ministry of Health, more than 80% of communicable diseases in Ethiopia are believed to be preventable using environmental health interventions.
- Generally, there are two intervention models: the clinical intervention model, which looks at treating the sick person, and the public health model, including environmental health, which looks at how to stop people getting sick in the first place by providing a healthy environment.

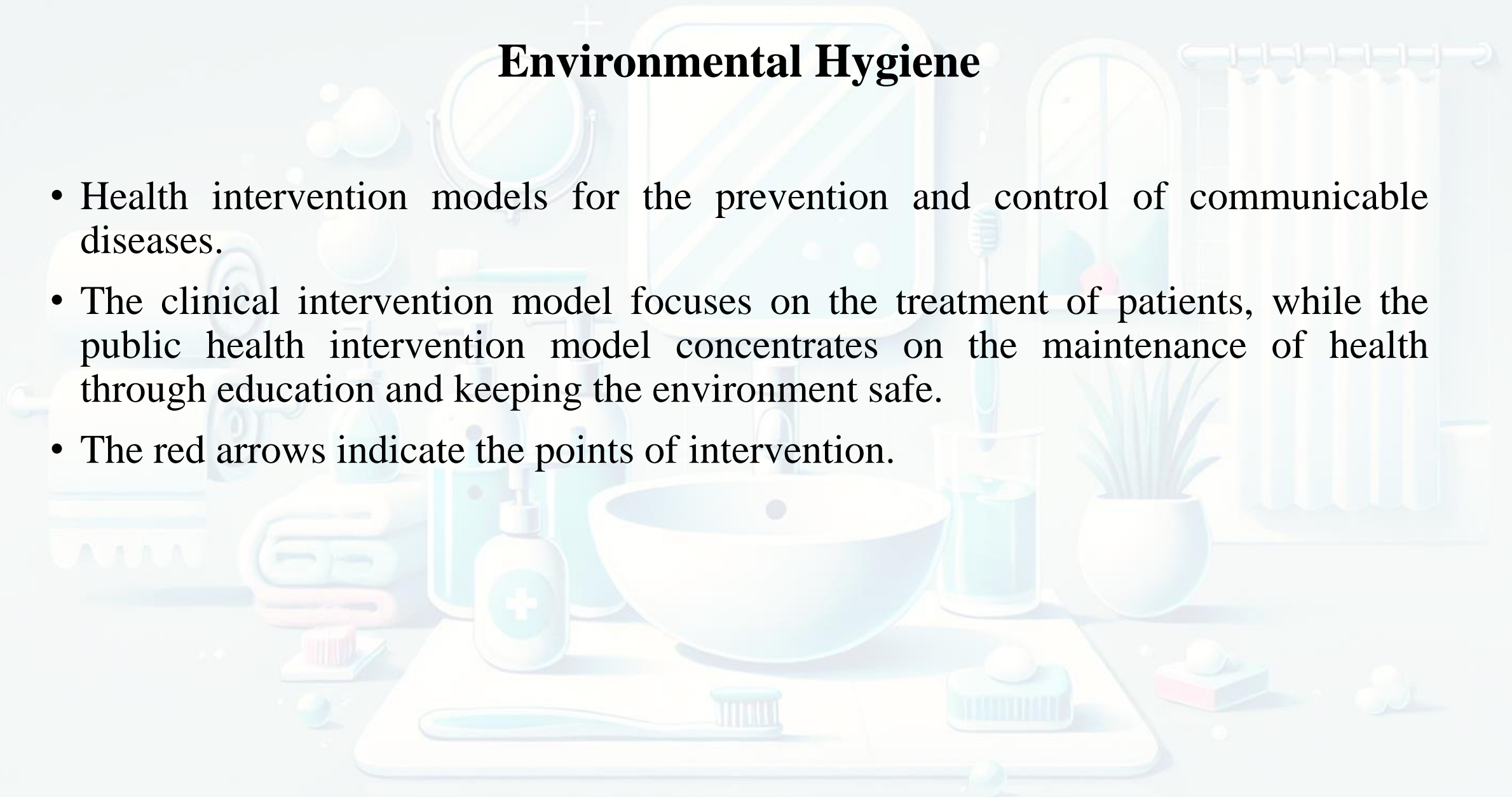


Environmental Hygiene



Environmental Hygiene

- Health intervention models for the prevention and control of communicable diseases.
- The clinical intervention model focuses on the treatment of patients, while the public health intervention model concentrates on the maintenance of health through education and keeping the environment safe.
- The red arrows indicate the points of intervention.



Environmental Hygiene

Environmental risk factors	Related diseases and conditions
Contaminated water, lack of latrines, poor hand washing, inappropriate solid waste management, open defecation, vector infestation	Diarrhoeal diseases, trachoma, schistosomiasis, ascariasis, trichuriasis, hookworm, typhoid fever, relapsing fever
Indoor air pollution	Chronic obstructive pulmonary disease, lower respiratory infections, lung cancer
Outdoor/ambient air pollution	Respiratory infections, cardiovascular diseases, lung cancer
General environmental hazards (climate, mosquitoes, nutrition)	Diarrhoeal diseases, malnutrition, malaria and other vector-borne diseases; heat exhaustion
Environmental hazards in workplaces (excess noise, heat, dust, chemicals)	Injuries, hearing loss, cancer, asthma, back pain, chronic obstructive pulmonary disease

Further Reading

- <https://www.open.edu/openlearncreate/mod/oucontent/view.php?id=187&printable=1>
- <https://iris.who.int/bitstream/handle/10665/274939/9789241514705-eng.pdf>
- [Importance of understanding the need of personal hygiene: A comprehensive review \(researchgate.net\)](#)

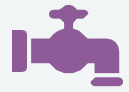
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WASH(Water, Sanitation & Hygiene)

- Safe water, sanitation and hygiene (collectively known as WASH) are crucial for human health and well-being.
- Yet, millions of people globally lack adequate WASH services and consequently suffer from or are exposed to a multitude of preventable illnesses.
- Lack of safe WASH negatively impacts quality of life and undermines fundamental human rights. Poor WASH services also weaken health systems, threaten health security and place a heavy strain on economies.

WASH

- WASH systems have many of the same elements as health systems. WASH interventions encompass technologies, behavior change and systems strengthening to ensure sustainable monitoring, regulation and financing of WASH services.
- WASH is often seen as an expensive set of interventions requiring major infrastructures, but many WASH interventions can be implemented relatively quickly and cheaply. WASH interventions may target households or institutions such as health care facilities and schools.



Safe drinking-water

- Improving access to safe drinking-water supplies may involve constructing or improving water supply systems or services such as provision of piped water on-site, public standpipes, boreholes, protected dug wells, protected springs or rainwater.
- It should also involve risk assessment and management approaches, such as water safety planning, to ensure the success and sustainability of the improvements put in place.
- Low-cost strategies to treat and safely store drinking-water at the point-of-use (e.g. filters, chlorine tablets, safe storage containers) can provide an intermediate solution while longer-term infrastructure improvements are being planned and implemented.

Sanitation

- A safe sanitation system is designed and used to separate human excreta from human contact at all steps of the sanitation service chain from safe toilets and containment (in some systems with treatment in-situ) through conveyance (in sewers or by emptying and transport), to treatment and final disposal or end use.
- A holistic approach to addressing faecal risks from toilets to safe use or disposal is facilitated through sanitation safety planning. As a household moves away from open defecation towards use of better sanitation services, and ultimately to safely managed systems, health benefits increase.

Hygiene

- Hygiene interventions include promoting handwashing with soap at critical times.
- A broader definition may include food hygiene measures (e.g. washing, covering, cooking and storage of food), environmental hygiene (e.g. cleaning of surfaces), menstrual hygiene, or hygiene interventions specific to prevention and control of particular diseases (e.g. face washing for trachoma, shoe wearing for soil-transmitted helminths, and animal management for zoonotic diseases).