

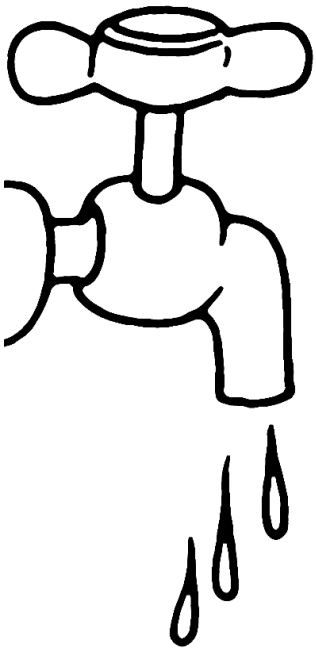


HYGIENE

Having good hygiene is an important part of looking after ourselves. Knowing how to look after your body helps to keep us - and those around us - healthy and well.

Hand Washing

Keeping our hands clean is one of the best ways to keep from getting sick and spreading illnesses. Washing our hands can kill germs we may have picked up from other people, from surfaces we have touched, or from animals we have come in contact with.



When should we wash our hands?

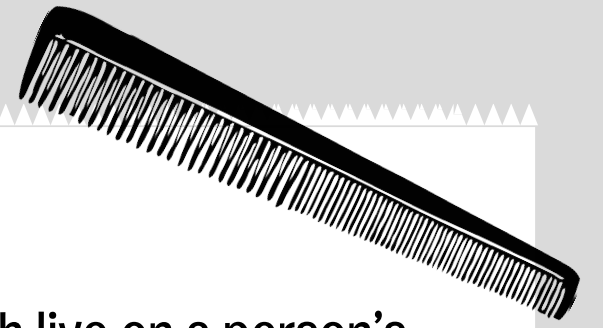
- Before eating, and before preparing food.
- After blowing our noses.
- After using the toilet.
- After touching animals.
- after touching things that could be dirty: for example, a rubbish bin.
- Whenever they look dirty

How should we wash our hands?

- Wet hands under clean running water, preferably warm.
- Put soap on our hands, and wash for 20 seconds (the time it takes to sing 'Happy Birthday').
- Rub hands together until bubbles appear.
- Wash all parts of the hands: the sides, the backs, and between the fingers.
- Rinse off the soap with running water.
- Dry the hands all over for 20 seconds using a clean, dry towel (or paper towel).



Headlice



Headlice are small brownish insects, about 2 to 4mm long, which live on a person's scalp. They live by drinking their host's blood, and their bites are what make the scalp itchy. The eggs - which are often called 'nits' - look like grains of salt, and cling to hair strands very close to the head. Headlice can crawl from head to head, so are easily spread from person to person in environments such as classrooms, where people are close together.

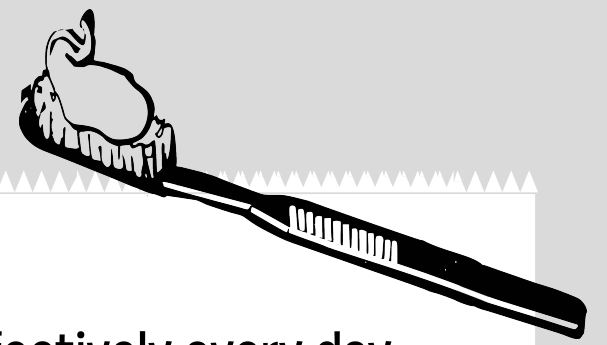
- There are many myths about headlice. For example, that:
 - Headlice prefer dirty hair : Headlice don't mind how clean or dirty hair is!
 - Headlice can float from head to head in a swimming pool : Headlice can survive underwater for a short time, but cannot swim.
- Headlice can be treated by chemical shampoos from a chemist, and also by mechanical methods such as fine-toothed 'nit combs' which remove insects and eggs from hair. Electronic combs are also available.
- There are many things we can do to help avoid getting headlice, including:
 - Tying back long hair.
 - Not sharing brushes, combs, or hats.
 - Brushing hair regularly.
 - Avoiding head-to-head contact.
 - Checking hair weekly.



Body Hygiene

- Bacteria causes body odour as it breaks down sweat on the skin. Daily washing of the body will help to avoid this, as will regular washing of clothes. Deodorants and antiperspirants may also help.
- Nail biting should be avoided - any bacteria under the nails will be able to enter the body via the mouth, and skin around the nails may get sore and/or infected.

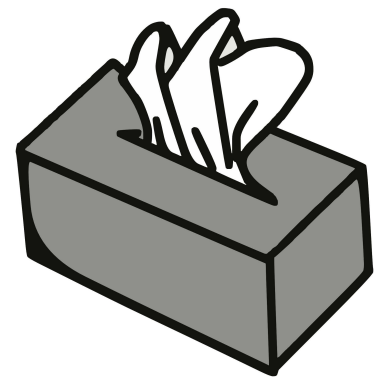
Oral Hygiene



To keep gums and teeth healthy, we need to remove plaque effectively every day.

- Brush teeth at least twice daily:
 - at night, before going to sleep.
 - in the morning, after breakfast.
- Use a pea-sized amount of fluoride toothpaste.
- Use a soft-bristled brush.
- Hold the toothbrush at a 45 degree angle to the gums.
- Brush all tooth surfaces gently and thoroughly by moving the brush back and forth in short tooth-wide strokes.

Sneezing



Sneezing can distribute germs for a considerable distance! The best ways to avoid sharing illnesses with others are to:

- Sneeze into a tissue, into an elbow, or into hands cupped over nose and mouth.
- Immediately place the tissue into a rubbish bin.
- Wash your hands - thoroughly - straight away.
- Make sure we wash your hands often when we have a cold, especially before eating or preparing food.

References

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