



PERSONAL HYGIENE

As students we have grown up in different cultures with different hygiene practices. As a student in a tertiary institution there are some key habits and precautions that each student should adopt or reinforce to prevent illness as an individual and as a member of the community.

What is Hygiene?

Hygiene is the regular practices and behaviours associated with the preservation of health and healthy living. Such behaviours protect individuals against exposure to bacterial and viral infections. Good hygienic behaviour is the most effective way to prevent the spread of communicable disease and improve quality of life

Personal Hygiene

The human body can provide places for disease-causing germs and parasites to grow and multiply. Our skin produces body odours when bacteria that live on the skin break down sweat into acid. These places include the skin especially the folds and in and around the openings to the body. It is less likely that germs and parasites will get inside the body if people have good personal hygiene habits.

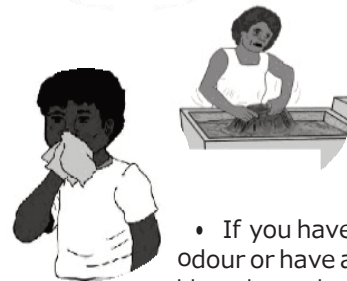
- Do you feel isolated?
- Friends do not want to sit next to you?
- People move away from you once you open your mouth or once you join them?

Good personal hygiene habits:

- Washing the body often. If possible, everybody should have a shower or a bath every day. However, there may be times when this is not possible, for example, when people are out camping or there is a shortage of water
- If this happens, a swim or a wash all over the body with a wet sponge or cloth will do.
- Cleaning the teeth at least once a day. Brushing the teeth after each meal is the best way of making sure that gum disease and tooth decay are avoided. It is very important to clean teeth after breakfast and immediately before going to bed
- Washing the hair with soap or shampoo at least once a week
- Washing hands with soap after going to the toilet
- Washing hands with soap before preparing and/or eating food. During normal daily activities, such as working and playing, disease causing germs may get onto the hands and under the nails. If the germs are not washed off before preparing food or eating, they may get onto the food
- Changing into clean clothes. Dirty clothes should be washed with laundry soap before wearing them again



- Hanging clothes in the sun to dry. The sun's rays will kill some disease-causing germs and parasites
- Turning away from other people and covering the nose and mouth with a tissue or the hand when coughing or sneezing. If this is not done, droplets of liquid containing germs from the nose and mouth will be spread in the air and other people can breathe them in, or the droplets can get onto food
- Some people produce more apocrine hormone that cause them to have unpleasant or strong body odour which other people cannot tolerate or it makes them nauseous. These unpleasant odours may be due to eating spicy foods like garlic, raw onion or medical conditions.



- If you have this problem of body odour or have a friend with this problem do not hesitate to talk to the

clinic nurse or doctor you can also send an email to info.shs@up.ac.za



Keep your environment clean

- Avoid overcrowding especially if staying in a commune or flat. Overcrowding helps spread germs and parasites such as scabies.
- Give yourself time to clean your room. Pack and fold clothes neatly
- Prevent uninvited guest like rats, bed bugs, fleas, lice, bacteria like: salmonella and others
- Do not litter



For more information
please contact
Student Health Services (SHS)
Tel: 012 420 2500
info.shs@up.ac.za