



Hygiene - Why is it important?

Personal hygiene refers to the cleaning and grooming of the body. In addition to improving appearance, personal hygiene is an important form of protection against disease and infections of all kinds.

Hygiene practices include:

- Bathing/showering your body with soap
- Washing your hands often
- Shampooing your hair
- Brushing your teeth
- Wearing deodorant
- Wearing clean clothes

The body works hard every minute of the day, cleaning and flushing toxins. This is done through sweat, skin shedding, tears, urine, saliva, ear wax, feces and body oils. While these bodily functions are natural, they can contribute to poor hygiene practices if not addressed daily.

Reasons to keep good hygiene.

- **Disease Prevention** - Wash your hands regularly with soap and water; launder your cloths and shower regularly.
- **Dandruff Prevention** - skin can build up on your scalp and create dandruff. Shampooing every 2-3 days helps prevent dandruff.
- **Self-Esteem** - Keeping clean makes you feel better and others see that you feel good about yourself.
- **Seeking a job** - Most employers prefer employees who are clean and well-groomed.
- **Nice Smile** - Brush your teeth at least twice a day. This prevents your teeth from decaying, browning or falling out. It is important to floss between the teeth to keep your gums healthy.

- **Pain Prevention** - Gum and teeth disease can cause chronic mouth pain in advanced stages. The main cause of gum disease is plaque buildup, which can be reduced with proper oral hygiene.

Where to go for help

- Talk to your Health Care Professional
- Visit the Public Health Nurse at your school
- Speak to someone you trust.

References:

<http://www.livestrong.com> (online, March 2013),
www.mayoclinic.com (online, March 2013)



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