

Important Aspects of Hygiene and Public Health Rama C. Nair*

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Introduction

Personal hygiene is the practise of keeping one's body clean. Home and everyday hygiene, personal hygiene, medical hygiene, sleep hygiene, and food hygiene are all examples of hygiene activities. Hand washing, respiratory hygiene, food hygiene at home, hygiene in the kitchen, hygiene in the bathroom, laundry hygiene, and medical hygiene at home are all examples of home and daily hygiene.

Personal hygiene refers to the actions that an individual engages in to maintain his or her bodily health and well-being through cleanliness. Reduced personal illness, healing from personal illness, optimal health and sense of wellbeing, social acceptance, and prevention of illness spreading to others are all motivations for practising personal hygiene. What constitutes adequate personal hygiene varies by culture and may evolve over time.

Showering or bathing on a regular basis, washing hands frequently and especially before handling food, cleaning scalp hair, keeping hair short or removing hair, wearing clean clothing, brushing teeth, and clipping finger nails are all examples of good hygiene practises. Some rituals are only carried out by women, such as during menstruation. Body hygiene and toiletries materials are kept in toiletry bags.

People adopt a routine for taking care of their personal hygiene requirements. Other personal hygiene routines include covering one's mouth when coughing, appropriately disposing of used tissues, keeping toilets clean, and keeping food handling areas clean, among others. To minimise the spread of bacteria through contact, certain cultures do not kiss or shake hands. Personal grooming goes beyond personal hygiene to include the upkeep of a good personal and public image, which does not have to be hygienic. It could include, among other things, the use of deodorants or perfume, shaving, or combing.

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Cleaning the ear canals too thoroughly can cause infection or inflammation. Because the ear canals are sensitive and essentially self-cleaning, they require less attention than other regions of the body. The skin lining the ear canal migrates slowly and methodically from the eardrum to the outer entrance of the ear. Old earwax is constantly moved from the deeper parts of the ear canal to the aperture, where it dries, flakes, and falls out. [52] Attempts to clean the ear canals by removing earwax can drive debris and foreign material into the ear that would have been cleared by the natural migration of ear wax out of the ear. Oral hygiene. Hygiene is a set of practises used to keep one's health in good shape. "Hygiene refers to situations and behaviours that help to maintain health and prevent the spread of diseases".

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Conflict of Interest

None of the authors have any conflicts of interest with this work