

Optimizing Hygiene Practices among Secondary School Students to Achieve Health and Longevity

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The study reviewed optimizing hygiene practices among secondary school students to achieve health and longevity. Inculcating hygiene practices among students will build better awareness to control disease infestation and transmission. Hygiene practices are good to maintain Physical, mental and social well-being of individuals. Hygiene is defined as the study of the principles or rules of healthy living. Maintaining good hygiene practices involve keeping the whole body and the environment free from germs and parasites that grow and multiply to cause diseases. Many health problems in developing countries are as a result of poor hygiene practices. School community is an important place to teach hygiene practices to prevent diseases and promote health in any country. School community host pupils of diverse background hence, teaching of hygiene practices with the aim to promote desirable healthy attitude and practices will definitely diffuse into the whole society. Maintenance of personal hygiene is a conscious protection of oneself, community and the general public from disease causing agents. The study identified hygiene practices in two forms, namely; personal and environmental hygiene. Personal hygiene includes; bathing, oral hygiene, hand washing, care of clothes and social hygiene. Bathing involves washing the body from head to toes with clean water and soap. Bathing protects the body against bad odour and skin infections (pimples, eczema, scabies, ringworm). The human body provides places for disease causing germs and parasites to grow and multiply through skin and openings to the body. Bathing twice a day is preferable. Bathing in the morning keeps one alert, fresh and feel calm for the day's activity. It also decrease inflammation and stress hormone cortisol. While evening bath removes dirt, germs or allergens contacted during the day's activity before going to bed. Bathing at night encourages sound sleep and achievement of optimum health. Pay attention on the armpits, groin, neck, umbilical region in the belly, knees, back of the feet, ear, the genital areas and in-between the buttocks and the feet. Clean the ears after bathing. Hair should be properly washed to avoid scalp infections like ringworm (scalp tineacapitis), dandruff and hair lice.

Hand washing; is an important form of personal hygiene. The hands harbour lot of germs as it readily get in contact with everything around us. Observing hand washing technique is very important. Hands should be washed before preparing food, after eating, after using the toilet and changing diaper, after touching animals, cleaning wounds and sneezing or coughing. Wash hands with soap and clean water (running water is more preferable) for at least 20-30 seconds paying attention to nails under the nails and in-between fingers. Wash hands about 10 inches above the wrist and dry if need be. Trim nails, and avoid biting nails with teeth. This makes nails look rough and also get exposed to injury. Also encourage use of alcohol based hand sanitizer when necessary. Discourage frequent rubbing of eyes or poking the nose to avoid introducing infections. Mouth hygiene; brushing of the teeth twice daily promotes oral health and avoids tooth decay (dental carries), gingivitis (disease of the gum) and halitosis (bad mouth odour). Teeth are brushed in the morning and last thing at night before going to bed. Swishing mouth with clean water after taking any carbohydrate or starchy food helps to prevent growth of bacteria that feeds on the left over food debris in the mouth. Cover mouth with your hand and tissue paper when coughing

or sneezing and discard tissue paper properly after use and wash your hands thereafter. Clothes hygiene: wash clothes with clean water, spread to the sun and iron clothes, to kill microbes and germs. Proper attention should be paid to our underwears. Clothes worn during the day should not be worn to sleep at night, encourage use of night wear/ pyjamas. Beddings should be properly cared for. Social hygiene enhances good health. This involves covering of mouth and nose with hand or tissue paper when coughing or sneezing, and proper disposal of the soiled (used) tissue paper. Also keeping away from crowd when sick and maintain social distancing will also reduce transmission of infection. Sometimes germs and bacteria are contracted by coming in contact with environmental surfaces. Therefore hygienic condition of the environment should not be neglected. Environmental hygiene helps to protect the community from public health problems through removal, control and prevention of any kind of waste. Keeping the kitchen and utensils clean, and maintaining foods hygiene helps to eliminate food borne diseases. Toilet hygiene is as important as any other form of hygiene. Toilet should be washed clean with water soap and disinfected to kill microbes. Room hygiene: rooms should be well-ventilated, cleaned with disinfectant and avoid overcrowding as this increase the risk of transmitting infections. Cleaning of gutters, weeds and proper disposal of waste products eliminate disease causing agents like mosquitoes, rodent and reptiles. In conclusion this study dealt with optimizing hygiene practices to achieve longevity among secondary school students. They are the future of tomorrow; therefore it is always good to train them in the way they will grow so they will be able to build better self-awareness in future. Many health problems in the developing countries result from poor hygiene practices; either personal or environmental hygiene. The students are taught hygiene practices at home, community and school to promote healthy living. Maintenance of good personal hygiene promotes self-esteem and makes us presentable in the society. It helps to better our health, and boasts our immunity that fights diseases. Poor hygiene practices promote diseases such as diarrhoea and other skin infections. Environmental hygiene also plays an important role in health promotion. Students were also enlightened that improper disposal of waste, indiscriminate passing of faeces and urine and dirt environmental promotes growth of bacteria and germs. The study recommended that hygiene practices should be inculcated in all levels of the school system as this will make students build better hygiene awareness to control disease transmission. Furthermore, measures should be put in place (providing facilities water, toilets/toiletries) to promote hygiene practices.

The effect of interest here is the reduction of adverse health and social outcomes in people with disabilities as a result of improvements in WASH. At the time of writing, the authors were not aware of any studies seeking to evaluate and/or quantify the effect of WASH interventions on the lives of people with disabilities. However, the existing literature on the nature of the barriers and challenges facing people with disabilities with respect to WASH, as well as studies to map existing best practice, suggest that WASH interventions can improve the quality of life of this vulnerable group and the realization of their rights.