

**A GUIDE TO
PERSONAL AND
ENVIRONMENTAL
HYGIENE**

**PERSONAL AND ENVIRONMENTAL
HYGIENE FROM THE QUR'AN AND
SUNNAH ADAPTED TO TODAY'S
LIFE AND ENVIRONMENT**

**Compiled By
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CHAIRMAN, LUGGA CLINICS LTD
AND LUGGA PHARMACY LTD**

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CLEANLINESS IN ISLAM

SOUL



BODY

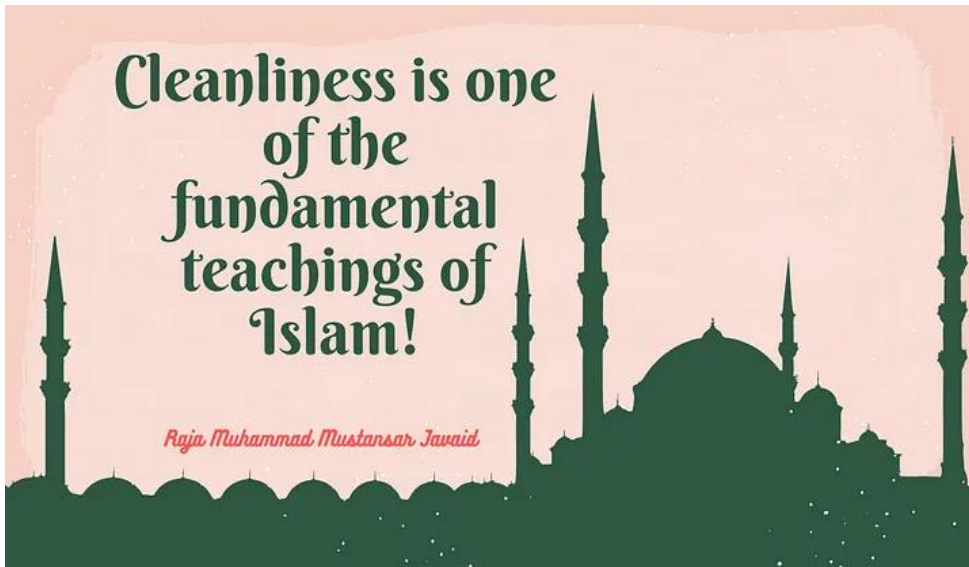


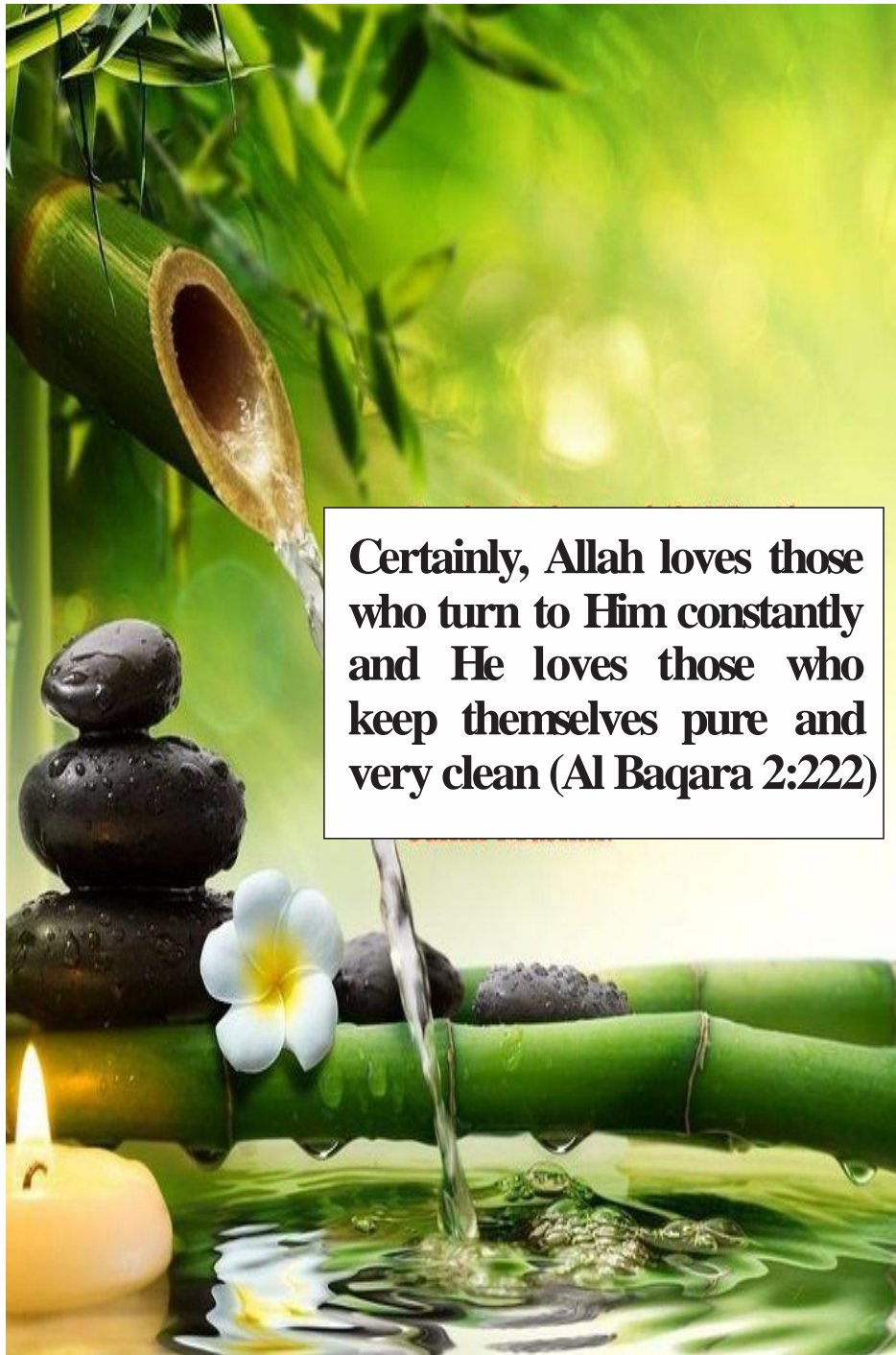
COMMUNITY



Cleanliness is one
of the
fundamental
teachings of
Islam!

Raja Muhammad Mustansar Javaid





Certainly, Allah loves those who turn to Him constantly and He loves those who keep themselves pure and very clean (Al Baqara 2:222)

PROPHET (PEACE BE UPON HIM) SAID

CLEANLINESS IS HALF OF THE FAITH



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

الطَّهْرُ شَطْرُ الْإِيمَانِ

“Purity is half of iman (faith)”

Saheeh Muslim 223



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OVER 1,400 YEARS OF HYGIENE IN THE RELIGION OF ISLAM

According to the World Health Organisation (WHO), Hygiene refers to the conditions and the practices that help to maintain health and prevent the spread of diseases. Hygiene deals with the promotion and the preservation of health, which embraces everything affecting the physical and mental well-being of humans. It involves, in its personal aspect, considerations for food, water and other beverages; clothing, work, exercise and sleep; personal cleanliness and mental health. In its public and environmental aspects, it deals with climate, soil, character, materials and arrangement of dwellings; heating, cooling and ventilation; removal of waste matters, medical practices on the prevention of diseases; etc.

The World Health Organisation (WHO) came into being in 1948; and it was only around 1960 AD that it gave a above quoted definition of “HYGIENE”.

But, Islam had defined “HYGIENE” since 600 AD (over 1,400 years before WHO); and has provisions in it that Prophet Muhammad (SAW) calls Hygiene as, “Half of Faith” (reported in Sahih Muslim). Allah (SWT) calls the attention of Humanity to the importance of Hygiene when He says:

“Certainly, Allah loves those who turn to Him constantly (in worship) and He loves those who keep themselves pure and clean” (Qur’an: Surat Al Baqara 2:222).

This Book details the magnitude of Hygiene in Islam, in which some important rituals cannot be performed without it, like in the case of Salat. This is in addition to the importance of caring for the body and the environment, which are prerequisites for Allah

to heal the body and to safeguard the spread of diseases in the human and animal environments. The Book demonstrates how, when, why and where personal and environmental Hygiene can be applied in order to safeguard human health, without which either religious worship or worldly affairs cannot be performed effectively.

Part One: HYGIENE IN ISLAM

Islam is a holistic Religion that takes into account humankind's need for a balance between physical, emotional, and spiritual health and well-being.

Personal hygiene and cleanliness, both physical and spiritual, keep both the body and the mind free from diseases. Physically, spiritually, psychologically, ethically; Muslims value cleanliness and purity.

In Islam, cleanliness is not just limited to the physical body, but it extends to personal hygiene and that of the environment. The teachings of Islam emphasise the importance of cleanliness as it is a key component of Faith. In Islam, cleanliness is not just about physical cleanliness but also about spiritual purity, environmental preservation, and fulfilling religious obligations. It is an integral part of Faith that promotes good health, social interaction, and well-being. Muslims practice cleanliness in their daily lives through various practices, including performing ablution, bathing regularly, washing hands, wearing clean clothes, cleaning homes and surroundings, proper waste management, and maintaining good personal hygiene. These practices not only fulfil a religious obligation but also promote good health and well-being for oneself and the community.

THE SIGNIFICANCE OF HYGIENE IN ISLAM

1. Spiritual purity: In Islam, cleanliness is linked to spiritual purity. Muslims are required to perform ablution before prayer to purify themselves both physically and spiritually.

2. Health and well-being: Cleanliness is essential for maintaining good health and well-being. Prophet Muhammad (SAW) emphasised the importance of personal hygiene, such as regular bathing, washing hands before eating, and brushing teeth.

3. Environmental cleanliness: Islam teaches Muslims to maintain a clean and healthy environment. Prophet Muhammad (SAW) emphasised keeping one's home and surroundings clean, free from litter and waste.

4. Social interactions: Cleanliness plays an important role in social interactions. Muslims are encouraged to maintain good personal hygiene, wear clean clothes, and keep their homes and surroundings clean to enhance their social interactions.

HYGIENE PRACTICES IN ISLAM

1. Bathing: Muslims are encouraged to take regular baths and keep their bodies generally clean.

2. Performing ablution: Muslims perform ablution before prayer to purify themselves both physically and spiritually.

3. Washing hands: Muslims are encouraged to wash their hands regularly, especially before eating and after using the bathroom.

4. Wearing clean clothes: Muslims are encouraged to wear clean clothes in prayers and in all their activities.

5. Environmental cleanliness: Islam emphasises the importance of keeping one's surroundings clean, disposing of waste properly, and maintaining cleanliness in public spaces.

6. Cleanliness in food and drink: Islam dictates healthy eating habits and prohibits the consumption of harmful substances such as alcohol and drugs.

7. Water conservation: Islam places great emphasis on the conservation of water. Muslims are instructed to conserve water and to avoid wasting it.

10. Planting trees: Islam encourages Muslims to plant trees and to take care of the environment.

THE SOCIAL ASPECT OF HYGIENE IN ISLAM

1. Cleanliness in relationships: Islam emphasises the importance of maintaining clean and pure relationships with others. Muslims are encouraged to be honest, truthful, and just in their dealings with others.

2. Cleanliness in public spaces: Islam encourages Muslims to maintain cleanliness in public spaces such as markets, *Masajeed* (Mosques), and other public places.

3. Cleanliness in social gatherings: Islam places great emphasis on maintaining cleanliness in social gatherings.

4. Cleanliness in community service: Islam encourages Muslims to engage in community service and to help others.

5. Cleanliness in public health: Islam places great emphasis on public health and encourages Muslims to take steps to prevent the spread of diseases.

Part Two: HYGIENE IN QUR'AN AND HADITH

1. Allah loves those who purify themselves

“Truly, Allah loves those who turn to Him constantly and He loves those who keep themselves pure and clean” (Quran, 2:222)

In this Verse, Allah shows that, being clean and pure is an act of Faith and that He loves those people purifying themselves.

2. Staying clean is being in a state of gratitude

“O you, who have believed, when you rise to (perform) prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles. And if you are in a state of janabah (after sex), then purify yourselves. But if you are ill or on a journey or one of you comes from the place of relieving himself or you have contacted women and do not find water, then seek clean earth and wipe over your faces and hands with it. Allah does not intend to make difficulty for you, but He intends to purify you and complete His favour upon you that you may be grateful” (Quran 5:6)

Here people are told that while it may take extra steps to ensure that they remain clean and pure, it is not to make their lives difficult, as Allah does not burden a soul on what it cannot do.

3. Purity is an act of faith

“We have sent among you a messenger from yourselves reciting to you Our verses and purifying you and teaching you the Book (Qur'an) and wisdom and teaching you that which you did not know” (Quran 2:151)

In this verse, Allah tells people that Islam is here to purify them both physically and spiritually.

4. Cleaning the body and the soul with water is a gift

“(Remember) when He overwhelmed you with drowsiness (giving) security from Him and sent down upon you from the sky, rain by which to purify you and remove from you the evil

(suggestions) of Satan and to make steadfast your hearts and plant firmly thereby your feet” (Quran, 8:11)

5. Cleanliness is half of Faith

Abu Malik Al-Ash`ari (RLA) reported that the Messenger of Allah (SAW) said: *“Purity is half of Iman (Faith)”*.

6. Keep environment clean

Mu`adh (RLA) reported that the Prophet (SAW) warned: *“Beware of the three acts that cause you to be cursed: relieving yourselves in shaded places (that people utilize), in a walkway or in a watering place.”* (Ranked sound by Al-Albani)

7. Removing harmful things from the Road

Abu Dharr Al-Ghafari (RLA) reported that the Prophet (SAW) said, *“Removing harmful things from the road is an act of charity (sadaqah).”* (Authenticated by Al-Albani)

8. Using Medicine is compulsory

Usamah ibn Sharik (RLA) narrated that, “I came to the Prophet (SAW) and his Companions were sitting as quiet as if they had birds on their heads. I saluted and sat down. The desert Arabs then came from here and there. They asked: Messenger of Allah, should we make use of medical treatment? The Prophet (SAW) replied that:

“Make use of medical treatment, for Allah has not made a disease without appointing a remedy for it, with the exception of one disease, namely old age.” (Abu Dawud)

Jabir (RLA) narrated that the Messenger of Allah (SAW) said: *“There is a cure for every disease. Whenever an illness is treated with its right remedy, it will, by Allah's permission, be cured”*. (Muslim)

9. Do not use Prohibited Things as Medicine

Abu ad-Darda (RLA) reported that the Prophet (SAW) said: *“Allah has sent down both the malady and its remedy. For every disease He has created a cure. So seek medical treatment, but never with something, the use of which Allah has prohibited”*. (Reported by Abu Daw'ud).

10. Be strong and healthy

Abu Hurairah (RLA) narrated that the Messenger of Allah (SAW) said:

“A strong believer is better and dearer to Allah than a weak one, and both are good. Keenly pursue what benefits you, seek help only from Allah, and do not give up. If something befalls you, do not say, ‘If only I had done otherwise.’ Rather say, ‘Allah so determined and did as He willed,’ for ‘if only’ opens the door for Satan.” (Al-Bukhari)

This Hadith refers to a lazy and weak person who misuses the strength that Allah had endowed him with; and not a weak person by nature like those who are disabled not by self inflicted diseases. Here a Verse of the Glorious Qur'an states this when Allah (SWT) says:

“Verily, the best of men for you to hire is the strong, the trustworthy”. (Qur'an 28:26).

11. Overeating is not Healthy

Al-Miqdam (RLA) narrated that the Prophet (SAW) said:

“No man fills a container worse than his stomach. A few morsels that keep his back upright are sufficient for him. If he has to, then he should keep one-third for food, one-third for drink and one-third for his breathing” (Imam Ahmad and At-Tirmidhi)

This Hadith emphasises some Qur'an provisions where Allah says: **Quran (7:31):** *Eat and drink healthy and be not prodigal.* **Quran (20:81):** *Eat and drink, but avoid excess.*

12. Stress Management

The Prophet (SAW) said, *“If anyone suppresses anger when he is in a position to give vent to it, Allah, the exalted, will call him on the Day of Resurrection over the heads of all creatures, and ask him to choose any of the bright and large eyed maidens he wishes.”* (Abu Dawood)

13. Importance of Physicians

Quran (5:32): *And if anyone saved a single life, it would be as if he had saved the life of the whole people (of the World).*

Part Three: HYGIENE IN GENERAL PERSPECTIVES

Hygiene: According to the World Health Organisation (WHO), Hygiene refers to the conditions and the practices that help to maintain health and prevent the spread of diseases. Hygiene deals with the promotion and the preservation of health, which embraces everything affecting the physical and mental well-being of humans. It involves, in its personal aspect, considerations for food, water and other beverages; clothing, work, exercise and sleep; personal cleanliness and mental health. In its public and environmental aspects, it deals with climate, soil, character, materials and arrangement of dwellings; heating, cooling and ventilation; removal of waste matters, medical practices on the prevention of diseases; etc.

Historical Perspectives on Hygiene: Hygiene has a long history at various levels of human civilisation. For example, Judaist, Christian and Islamic Religious Laws, Rules and Regulations play

major roles in the lives of their adherents, right from ancient times; and these Religious Laws have extensive provisions on hygiene. Peoples' bodies, their clothing, their dwellings, their places of industry and commerce, their places of worship, etc, are all decreed to be hygienic. Dead human bodies, animal carcasses and contaminated surfaces were known to be unclean or unhygienic therefore are decreed to be handled with absolute care. The importance of burying dead bodies and the disposal of human faeces are strongly enshrined in these Religions. The importance of cleanliness of the body and the worship places before praying was a motivating factor for maintaining the integrity of hygiene within religious practices. The importance of hygiene and sanitation flourished at the times of the Greek, the Roman and the Egyptian civilisations; where hygiene practices were widely observed by all.

Personal Hygiene is how a person cares for his/her body. This practice includes bathing, washing the hands, brushing the teeth, and many more. Every day, a person comes into contact with millions of outside germs and viruses that linger on one's body and may make the person sick. Personal hygiene practices can help a person and the people around such a person to prevent illnesses. They can also help one to feel good in his/her body and in his/her appearance. "Prevention" is certainly better than "Cure": this is the place of personal hygiene! Health and hygiene go hand in hand. Without proper hygiene, there cannot be a healthy living. Maintaining personal hygiene is not only important for looking appealing, it is also important for overall well-being of a person and those around him/her. To ward off illnesses, it is important to opt for personal hygiene. Apart from honing personal hygiene for your own self, it also affects the

people and the environment around you. Bacteria, virus and fungi are all around and waiting to enter your body. By keeping good personal hygiene practices, you can stay away from all these germs that further lead to very many diseases. Remember, good personal hygiene is the first step to good health, therefore be including personal hygiene in your daily routine; from getting off the bed in the morning to going into bed in the night!

Environmental Hygiene is the concept that deals with the preservation of sanitary conditions of the environment so as to avoid harm to the health of the inhabitants. Environmental Hygiene means to be attentive to the chemical, physical and biological factors that are external to the person(s). Because it comes to factors which may have a significant impact on health, the purpose of environmental hygiene is to prevent diseases by creating safe spaces so as to take care of both the health of the current and future generations. Basically, environmental hygiene includes the following three main areas; (1) safety, (2) environmental comfort and stimuli; and (3) infection control. The environment encompasses not only the natural surroundings (air, water, plants and animals), but also the shelter, the modes of transportation and all other products of technology, including pollutants and waste materials; all of which interact to affect health. Therefore, environmental considerations become increasingly important during these times of changing emphasis in the fields of energy, economics and technology. According to the World Health Organization (WHO) good health is not merely the absence of disease; it is also a reflection of the social and mental well-being of people in a community. Thus, to achieve the goals of providing health for all, improvements in a community should aim not simply to reduce diseases, but also to reduce social

tensions and mental ill-health to acceptable levels. The environment includes both the physical environment we live in and the social fabric of the community; and both significantly influence health. The physical environment plays an important role in many ways. A clean environment helps to prevent the spread of disease and may reduce depression. For example, safe and adequate water supplies, sanitation, drainage and solid waste disposal all benefit health by removing disease vectors from human contact. Dirty environments, by contrast, encourage the spread of disease and may adversely influence the mental and the emotional well-being of individuals.

Industry and traffic also adversely affect health by polluting the air, water and soil, and by causing accidents. Equally important are the home and social environments. When the home environment is dirty, disease may still spread even if the rest of the village is clean; and when houses are of poor quality, with poor ventilation and lighting, other health problems may result, such as premature eyesight failure or respiratory diseases. The social environment also has a major impact on health. For example, if people are marginalised because of gender, income, status, ethnic or religious affiliation, they are more likely to be prone to anxiety and depression and to suffer mental ill-health. By contrast, in communities that are harmonious, accept differences and promote resolution of conflict through dialogue, the people are usually healthier.

Part Four: HAND WASHING HYGIENE

Hand Washing is perhaps the most important aspect of Personal Hygiene. Many diseases are spread by not washing hands with soap and clean, running water. However, if soap and clean water are not

accessible, then, use soap and available water or an alcohol-based product containing at least 60% alcohol to clean hands. Also, ensure that finger nails are constantly trimmed.

How Germs Spread: Germs can spread when you touch your eyes, nose and mouth with unwashed hands; when you prepare or eat food and drinks with unwashed hands; when you touch a contaminated surface or object; and when you blow your nose, cough, or sneeze into hands and then touch other people's hands or commonly used objects.

Key Times to Wash Hands: It is most advisable to wash your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for a sick person
- After using the toilet
- After changing diapers or cleaning up a child
- After blowing your nose, coughing, or sneezing
- After touching a pet or other animals
- After touching animal feed/food, or animal waste
- After touching garbage
- After touching any suspicious object or surface

Follow Five Steps to Wash Your Hands the Right Way: To achieve the most effective hand washing that stops germs from spreading from one person to another and throughout an entire community; from your home and workplace to childcare facilities and hospitals; follow the following steps every time:-

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Use Hand a Sanitizer When Soap and Water are Not Available: Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. Please note that, Sanitizers can quickly reduce the number of germs on hands but may not be as effective when hands are dirty or greasy; and hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

How to use hand sanitizers:-

- Apply the gel product to the palm of one hand
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Some Quick Facts on Bacteria on Hands:

- Damp hands spread 1,000 times more bacteria than dry hands.
- Bacteria can stay alive on hands for up to 3 hours
- In just 7 hours, 1 bacterium on the hand can generate over 2,000,000 bacteria!
- Regular hand washing or sanitising can help decrease illnesses by 50-90%

- At the toilet/washroom, the key hotspots for hands to come into contact with bacteria include the toilet seat, the door handle and the flush button

Nail Hygiene is an important aspect of hand hygiene that includes diligently trimming and cleaning fingernails, which may harbour dirt and germs and can contribute to the spread of some infections and diseases. Fingernails should be kept short, and the undersides should be cleaned frequently with soap and water. Longer fingernails can harbour more dirt and bacteria than short nails, thus potentially contributing to the spread of infection. Avoid biting or chewing nails and never rip or bite a hangnail; instead, clip it with a clean, sanitized nail trimmer.

Part Five: BATHING HYGIENE

Bathing Hygiene is a personal preference that may dictate how often a person takes bath, but most people will benefit from a bath at least once every day. A bath after waking up in the morning and before going to bed at night is the best choice whenever practicable. Bathing with soap and clean water helps clear away dead skin cells, bacteria, and oils. Peoples' bodies are constantly shedding skin and that skin needs to come off otherwise it will cake up and cause illnesses. Bathing is the best way to get rid of any dirt, sweat, and/or germs that a person's body may have accumulated throughout the day and/or night, and prevents hygiene-related diseases. As a plus, bathing at least once daily helps one to feel, look and smell the best throughout the day. Whenever possible, use a sponge, or hand towel to gently scrub the entire body, removing dead skin cells and dirt. Remember to replace these items regularly as they can easily harbour bacteria. Perspiration or sweat comes from sweat glands that people have

in their bodies. With puberty, these glands not only become more active than before, they also begin to secrete different chemicals into the sweat thereby creating a strong odour. One might notice this odour in the armpits, the feet and the genital area. Therefore, it is imperative to keep the sweat areas clean in order to avoid pungent body odour. Besides the general hair on the head, body hair in new places might grow as a result of hormones' actions. Some people may be shaving some places where body hair grows, but others would grow facial hair to let it develop into a moustache and/or beard. Some girls may decide to leave the hair on their legs and under their arms. It's all up to the person, but it is important to maintain the hair areas very clean as they may harbour germs and lead to skin and other related diseases.

Daily cleansing and shaving can take a toll on the human skin, therefore treat it gently by:-

- **Limiting bath time:** Hot water and long showers or baths remove oils from the skin, therefore limit bath or shower time, and use warm rather than hot water.
- **Avoiding strong soaps:** Strong soaps and detergents can strip oil from the skin; instead, use mild cleansers.
- **Shave carefully:** To protect and lubricate the skin, apply shaving cream, lotion or gel and use sharp razor for cleaner and healthier shaving.
- **Patting dry:** After bathing, gently pat or blot the skin dry with a towel so that some moisture remains on the skin.

Part Six: SKIN AND FACIAL HYGIENE

Skin and Facial Hygiene aims at ensuring a healthy, flawless and glowing facial and general bodily skin. Skin and Facial

Hygiene ensures that many diseases and conditions are prevented and/or controlled through appropriate and frequent washing of the face and the body with soap and clean, running water. It is not a good habit to be touching the face very frequently as there may be bacteria, dirt and oil on the hands. By touching the face, these contaminants are transferred to the facial skin and it could trigger acne and other facial diseases.

Touching the face also facilitates the spread of bacteria that's already on the facial-skin to other areas; including finding their way through the eyes, nose or mouth into the lungs and other parts of the body. Below are simple guides towards a healthy facial and general skin:-

Figure out what kind of skin you have: You may have a normal skin, an oily skin, a dry skin, a sensitive skin or a combination skin. Figure out your skin type so as to use the right products in order to avoid complications.

Wash the Skin regularly: This could be by taking bath, by washing some parts of the body or by gently cleaning the body with a clean/wet towel. Many diseases and conditions can be prevented and/or controlled through appropriate and frequent washing of the skin with soap and clean, running water.

Pat your skin dry with a clean towel: Don't scrub your skin or face dry, be gentle. The skin on your face is particularly sensitive. Make sure that the towel is clean so as not to be transferring bacteria to your clean skin.

Drink plenty of Water: Drink as much water as you can as staying hydrated and making sure that the body has plenty of water means that the body will be better able to function properly, including maintaining the health of the skin.

Get enough Sleep: Having a good night rest is paramount to general health, including that of the skin. Lack of adequate sleep can compromise the body's natural defences thereby leading to skin diseases.

Practice Good Skin Care: Clear and healthy skin is possible for everyone who follows a basic good skincare routine for his/her unique skin type.

Treat the skin around your eyes gently: Don't rub your eyes, or use harsh make-up removers on them. Be gentle, as that part of the face is delicate.

Choose Products Wisely: Harsh scrubs and products that have harsh chemicals like alcohol can dry and irritate skin, therefore use gentle products on the skin type. Do not use water that is too hot or too cold; use lukewarm water for the skin.

Follow a healthy diet: A healthy diet is essential to general health including that of a healthy skin. Go for vegetables and fruits and avoid sugars and "junk foods." Try foods that deliver essential vitamins and fatty acids needed for healthy skin and avoid high-fat foods as there is some evidence that eating foods that have high fats contributes to skin diseases.

Keep Skin Moisturised: Keeping the skin moisturised will help to keep it healthy and blemish-free; choose oil-free moisturisers. A good moisturiser hydrates and softens the skin and creates a barrier to prevent water loss from the skin.

Don't Pick Your Skin: Resist the temptation to pop pimples or pick at acne. Doing so could force bacteria deeper into the skin and cause bigger lesions. That will also spread bacteria and increase chances of infections.

Stick with Treatment: - It takes a lot of patience to stick to skin treatments as they normally take a long time to heal. Successful treatment of skin diseases do not occur overnight. Generally, at-home treatment can take 4 to 8 weeks before they begin to show improvement. Severe cases may take longer to start to clear up.

Part Seven: EAR, NOSE THROAT HYGIENE

Ear, Nose and Throat Hygiene (ENT Hygiene) entails acts and actions aimed at preventing injury to the ears, nose, or throat and for keeping these healthy.

There are many ways to prevent ENT disorders to a tolerable level; particularly by using common sense and practicing good basic hygiene; like; frequent hand washing, which is the single most important thing that can be done to prevent infection; avoiding exposure to illness and staying at home when sick; covering the nose and the mouth when sneezing, yawning or coughing and practicing general good hygiene

Preventing Ear Infections

Ear infections are common ENT disorders. They occur when germs enter the ear and become trapped there. Here are some ways to prevent ear infections:-

Do not smoke and avoid exposure to cigarette smoke. Do not remove earwax, let the physician do it.

Eat a diet of fruits, vegetables, whole grains, low-fat dairy products, beans, fish and lean meats. Get a good sleep. Identify and treat allergies. Limit high-fat, processed or sugar-sweetened foods such as butter, oils, desserts, whole milk, cheese, etc. Manage stress and exercise regularly.

Preventing Sinus Infections

Sinus infections occur when germs enter one of the hollow cavities in the skull surrounding the eyes and nose. A sinus infection may feel like a very bad cold that doesn't go away after the usual 2 to 3 weeks. Here are some ways to protect against sinus infections:- Do not fly if you have a cold, but if you must fly, consider the use of a decongestant and a nasal spray 30 minutes before take-off. Identify and treat allergies; long-term sinusitis is usually caused by allergies, while acute sinusitis is usually caused by bacteria. If you have a cold, use a nasal spray to keep the nasal passages from becoming blocked.

Preventing Sore Throat

There are many causes of sore throat, including infections, acid reflux, sleep apnoea or more severe and rare disorders, such as cancer. A very common cause of sore throat is a bacterial or viral infection, so practicing good hygiene, such as frequent hand washing, is a good way to prevent sore throat. Here are some other suggestions:- Get plenty of rest and exercise. Avoid smoking and exposure to cigarette smoke. Do not spend long periods of time outside when the air quality is poor. Treat oesophageal reflux.

Preventing Sleep Apnoea

Sleep apnoea is a condition where a person stops breathing for brief periods of time while asleep. Here are some good ideas to prevent or keep sleep apnoea at bay:-Avoid alcohol or sedatives at bedtime. Identify and treat disorders that can block your airway, such as tonsillitis and nasal polyps. Maintain healthy body weight. Quit smoking. Not all ENT disorders can be prevented.

Many depend on inherited traits; however, following these suggestions may serve to keep you healthier.

Part Eight: EYE HYGIENE

Eye Hygiene is a broad concept that goes beyond the correct and frequent cleaning of the eyes, the eyelashes or eyelids that must be cleaned frequently and carefully. It also includes preventive measures at home, at work and at leisure and at other activities. Eyes and eyesight must be tended as tenderly as possible.

Eyes require conscious efforts to protect them, which also help in improving your vision. Here are some simple tips which you can follow to ensure maximum protection and care for your eyes.

- Maintain proper hygiene by washing your hands regularly with soap and clean water. Take absolute care not to be touching your eyes with dirty hands; as this is an action people perform unconsciously and that can cause serious infections.
- Include more green vegetables and fruits in your diet. Following a healthy diet, rich with fresh fruits, raw green vegetables, will benefit your body to be fit as well as your eyes to be strong and sharp. Carrots are excellent for the eyes!
- Get regular adequate sleep. You are seriously risking your eye health while always having very late nights and early wake-ups.
- Have regular eye check-up. It is highly recommended that you visit your eye specialist, at least on six months intervals to make sure that your eyes are fit and perfect. It also helps to diagnose any eye problems, at the initial phase, like myopia, glaucoma or cataract.

- Quit smoking and liquor. Research shows that smoking and liquor lead to damage of eye muscles and tiny blood vessels, thus increasing the risks of age-related macular degeneration (AMD), cataracts, glaucoma, diabetic retinopathy, dry eye syndrome, and other conditions.
- Wear sun glasses while in the sun. Sunlight is essential but not too much of it. During dry hot days, avoid going out in the sun or looking directly at strong sunrays.
- Exercise regularly. Regular exercise not only keeps your body fit but also makes your eyes healthy by pumping more blood and oxygen to your eyes.
- Avoid over-the-counter medicines for eye infections. Eye drops or ointments for small infections or allergies may later become fatal. Wash your eyes with fresh water and if the pain or irritation persists, consult the eye specialist.
- Keep a safe distance from electronic screens. People are usually exposed to computer and TV screens that may lead to eye problems. Make sure that your TV is kept at a maximum distance while viewing; and place the computer about 40 centimetres away and inclined 20 degrees to avoid reflections, as well as to reduce negative impacts on the eyes.
- Make sure to take a break from computers and other electronics, say after every one or a maximum of two hours. Just close your eyes; or try simple eyes massage or looking out the window towards the horizon to avoid eyes fatigue, as well as relaxing your mind.
- Be wary of Blood Sugar. Poorly controlled blood sugar is a risk factor. If you have diabetes, be sure to get a dilated eye exam, at least every half year.

Part Nine: DENTAL HYGIENE

Dental Hygiene refers to the practice of keeping the mouth, teeth and gums clean and healthy to prevent diseases. Practicing good dental care from infancy to adulthood can help people to keep their teeth and gums healthy. The following assist:-

Don't go to bed without brushing your teeth

The general recommendation is to brush the teeth at least twice a day, but, many people neglect brushing their teeth at night; which is perhaps more important as it gets rid of the germs and plaque that accumulated during the day.

Brush your teeth and tongue properly

The way you brush your teeth is equally important; in fact, doing a poor job of brushing your teeth is almost as bad as not brushing at all. Take your time, moving the toothbrush in gentle, circular motions to remove plaque. Plaque can also build up on your tongue, therefore gently brush your tongue every time you brush your teeth.

Use a fluoride toothpaste

When it comes to toothpaste, there are more important elements to look for than whitening power and flavours. No matter which version you choose, make sure it contains fluoride because fluoride is a leading defence against tooth decay. It works by fighting germs that can lead to decay, as well as providing a protective barrier for your teeth.

Consider mouthwash

Mouthwash helps in three ways: (1) it reduces the amount of acid in the mouth; (2) it cleans hard-to-brush areas in and around the gums and (3) it re-mineralises the teeth.

Drink a lot of water

Water continues to be the best beverage for your overall health, including dental health. Drinking water after every meal is highly recommended, as it helps wash out some of the negative effects of sticky and acidic foods and beverages that hang between your teeth.

Eat crunchy fruits and vegetables

Eating fresh, crunchy produce not only contain healthy fibre, but they are the best choice for the teeth, as they exercise the jaws.

Limit sugary and acidic foods

Ultimately, sugar converts into acid in the mouth, which can then erode the enamel of your teeth. These acids are what lead to cavities.

Do not smoke

Smoking cigarettes and chewing tobacco harms the body's immune system, which makes it difficult for the body to heal tissues, including those in the mouth. It also gives bad breath and black teeth and mouth.

See your dentist at least twice a year

At the minimum, you should see your dentist for cleanings and checkups twice a year. Not only can a dentist remove calculus and look for cavities, but will also be able to spot potential issues and offer treatment solutions.

<h2>Part Ten: CLOTHING HYGIENE</h2>
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Clothes Hygiene is an important aspect of one's dignity. People usually have two layers of clothing, the underwear and the

outerwear. The internal layer is underwear such as pants, vests and T-shirts.

These are right on the skin and collect sweat and dead skin cells, which can stain the clothes. Bacteria love to grow on this dirt and produce a bad smell in addition to the bad odour of the sweat. Underwear must be washed more frequently than the outerwear of clothing. Changing used clothes for clean ones every day is highly recommended.

Wash clothes regularly

To avoid unwanted infections, ensure that you are regularly washing your clothes with soaps and/or detergents. If possible, the washed clothes should be ironed to help the destruction of body lice and nits. Boiled water and/or sanitizers and mild insecticides can be used to destroy clothes' infestations. Studies have shown that hanging your clothes in the sun kills some bacteria; therefore, try hanging clothes in the sun.

Use Clothes made of Natural Fibre

To keep cool or warm and to reasonably eliminate sweat, natural fibres such as cotton and wool are always good choices. Wool and cotton are quick to wick away your sweat and naturally defend against bacterial growth (which can cause body odour). And to contain foot odour, wash the feet and dry them thoroughly and wear socks made of natural fibres.

Avoid cross-contamination

Germs resulting into flu, stomach bugs, etc., can survive on clothing and other fabrics for between 4-6 hours, with some strains surviving for much longer periods. Therefore, to avoid cross-contamination, try to avoid sharing clothes.

Beware of where to keep Shoes

Studies have shown that 90% of bacteria from your shoes can be transferred to your floors when the shoes are worn inside the rooms. This means that all kinds of bacteria can be transferred easily into your home from the bottom of your shoes. To avoid the spread of germs, it is recommend that you avoid wearing shoes indoors, keep your floors clean, and where possible wash your shoes regularly.

Part Eight: FOOD HYGIENE

Food Hygiene entails the conditions and measures necessary to ensure the safety of foods from production to consumption. Foods can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation.

Lack of adequate food hygiene can lead to food borne diseases and, in some cases, the death of the consumer. The principles of food hygiene aim at preventing food from becoming contaminated and causing food poisoning. With this in mind, ensuring that food is safe for human consumption is the most critical part of the food preparation process. Food hygiene is important at home as well as in the restaurant, the retail store, the food factory, etc.

Access to sufficient amounts of safe and nutritious food is the key to sustaining life and promoting good health. The World Health Organisation (WHO) estimates that unsafe food containing harmful bacteria, viruses, parasites, or chemical substances can cause more than 200 different diseases, ranging from diarrhoea to cancers. Around the World, an estimated 600 million (almost 1 in

10 people) fall ill after eating contaminated food each year, resulting in millions of deaths. Unsafe food creates a vicious cycle of diseases and malnutrition, particularly affecting infants, children, the elderly and the sick.

GOOD FOOD HYGIENE PRACTICES

Good Personal Hygiene: Personal hygiene is a practice everyone should have. It is important to always wash the hands with soap and water before handling food.

Clean Utensils and Cooking Equipment: All cooking utensils and equipment should be properly cleaned and sanitised before starting any food preparation.

Keep Foods That Need to be Kept Cold in the Fridge: Raw meat, dairy and other similar products need to be kept cold (4°C) in order to prevent bacteria from growing in them

Separate Raw and Ready to Eat Foods: By their very nature, raw foods have bacteria present in them. Therefore, ensure that cooked and raw foods are separated, even in the refrigerator where different compartments should be used.

Wash Fruits and Vegetables Before Use: Most fruits and vegetable are freshly purchased and they contain soil, insects and chemical residues. It is very important to rinse them with clean water, salt or vinegar before using them.

Use Appropriate Kitchen Tools: There are various kinds of kitchen tools/utensils designed for different purposes, therefore use the right tool at the right time. For instance, a meat chopping board can easily serve as a growth medium for bacteria and mould, therefore use a different chopping board for cutting

vegetables and other sensitive foods; and always wash and disinfect cutting tools.

Keep Dry Foods Separate From Wet Foods: Wet food attracts moulds easily. So, grains, powdered, baked, and canned or dry foods should be properly stored away from wet foods and liquids.

Cook Food to an Appropriate Temperature: Cooking food to the required temperature is an important food safety practice. For example, foods such as chicken and beef should be cooked longer than eggs.

Keep Insects and Pests Away From Food Areas: Insects and pests control is an important food hygiene practice, as these creatures are often in the dark corners of the kitchen; and they can carry pathogens around.

Always Use Clean Water to Prepare Food: Use of clean water is important when washing, mixing and cooking food. Foods that are prepared with unsafe water can easily lead to vomiting, diarrhoea, stomach upsets, etc.

Keep the Kitchen and Utensils Clean: Keeping the kitchen and utensils clean can help keep flies, ants, cockroaches and rodents from coming in contact with foods.

Part Twelve: EXERCISE HYGIENE

Exercise Hygiene entails any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activities, including swimming, running, jogging, walking and dancing, to name a few. Being active has been shown to have many health benefits, both physically and mentally. Regular exercise can reduce your risk of major illnesses, such as heart disease, stroke, diabetes and cancer by up

to 50%. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease. It can also help to achieve and maintain a healthy body weight, maintain muscle mass, reduce the risk of chronic diseases and maintain good energy levels. In short, exercise is powerful and can change people's lives. Experts aver that, if exercise were a pill, it would be one of the most cost-effective drugs ever invented! They also aver that, exercise is the miracle cure people always had, but have neglected to take its recommended dose; and people's health is now suffering as a consequence. **Some Benefits of Regular Exercise:**

1. It Can Make You Feel Happier

Exercise has been shown to improve your mood and decrease feelings of depression, anxiety and stress. It produces changes in the parts of the brain that regulate stress and anxiety.

2. It Can Help With Weight Loss

Some studies have shown that inactivity is a major factor in weight gain and obesity. Your body spends energy in three ways, i.e., digesting food, exercising and maintaining body functions like your heartbeat and breathing. While dieting, a reduced calorie intake will lower your metabolic rate, which will delay weight loss. On the other hand, regular exercise has been shown to increase your metabolic rate, which will burn more calories and help you lose weight.

3. It Is Good for Your Muscles and Bones

Exercise plays a vital role in building and maintaining strong muscles and bones. As people age, they tend to lose muscle mass and function, which can lead to injuries and disabilities, therefore

regular physical activity is essential to reducing muscle loss and maintaining strength as you age.

4. It Can Increase Your Energy Levels

Exercise can be a real energy booster for healthy people, as well as those suffering from various medical conditions. Furthermore, exercise can significantly increase energy levels for people suffering from chronic fatigue syndrome (CFS) and other serious illnesses. Additionally, exercise has been shown to increase energy levels in people suffering from progressive illnesses, such as cancer.

5. It Can Reduce Your Risk of Chronic Diseases

Lack of regular physical activity is a primary cause of chronic diseases. Regular exercise has been shown to improve insulin sensitivity, cardiovascular fitness and body composition and decrease blood pressure and blood fat.

6. It Can Help Skin Health

Your skin can be affected by the amount of oxidative stress in your body. Oxidative stress occurs when the body's antioxidant defences cannot completely repair the damage that free radicals cause to cells. This can damage their internal structures and deteriorate your skin. Regular moderate exercise can increase your body's production of natural antioxidants, which help protect cells and can stimulate blood flow and induce skin cell adaptations that can help delay the appearance of skin aging.

7. It Can Help Your Brain Health and Memory

Exercise can improve brain function and protect memory and thinking skills. It increases your heart rate, which promotes the flow of blood and oxygen to your brain. It can also stimulate the

production of hormones that can enhance the growth of brain cells. Exercise has been shown to reduce changes in the brain that can cause Alzheimer's disease and schizophrenia

8. It Can Help With Relaxation and Sleep Quality

Regular exercise can help you relax and sleep better. The energy depletion that occurs during exercise stimulates recuperative processes during sleep, therefore regular physical activity can help you sleep better and feel more energised in the day.

9. It Can Reduce Pain

In fact, for many years, the recommendation for treating chronic pain was rest and inactivity. However, recent studies show that exercise helps relieve chronic pain. Additionally, physical activity can raise pain tolerance and decrease pain perception.

10. It Can Promote a Better Sex Life

Exercise has been proven to boost sex drive. Engaging in regular exercise can strengthen the cardiovascular system, improve blood circulation, tone muscles and enhance flexibility, all of which can improve your sex life. Physical activity can improve sexual performance, sexual pleasure, as well as increase the frequency of sexual activity.

Part Thirteen: SLEEP HYGIENE

Sleep Hygiene is a variety of different practices and habits that are necessary to have good nighttime's sleep quality and full daytime alertness. Obtaining healthy sleep is important for both physical and mental health. It can also improve productivity and overall quality of life. Everyone, from children to adults and the elderly can benefit from practicing good sleep habits. The

American National Sleep Foundation gave a summary of new sleep times recommendations as follows:-

- Newborns (0-3 months): Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- Infants (4-11 months): Sleep range widened two hours to 12-15 hours (previously it was 14-15)
- Toddlers (1-2 years): Sleep range widened by one hour to 11-14 hours (previously it was 12-14)
- Preschoolers (3-5): Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- School age children (6-13): Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- Teenagers (14-17): Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- Younger adults (18-25): Sleep range is 7-9 hours (new age category)
- Adults (26-64): Sleep range did not change and remains 7-9 hours
- Older adults (65+): Sleep range is 7-8 hours (new age category)

CONSEQUENCES OF SLEEP DEPRIVATION

Chronic sleep deprivation can interfere with the body's internal system and cause serious health consequences that include:-

Central Nervous System: The central nervous system is the main information highway of the body. Sleep is necessary to keep it functioning properly, but chronic insomnia can disrupt how the body usually sends and processes information. During sleep, pathways form between nerve cells (neurons) in the brain that help in remembering new information.

Immune System: While sleeping, a person's immune system produces protective, infection-fighting substances like antibodies and cytokines. It uses these substances to combat foreign invaders such as bacteria and viruses. If a person doesn't get enough sleep, the body may not be able to fend off invaders, and it may also take longer to recover from illnesses.

Respiratory System: The relationship between sleep and the respiratory system goes both ways. A night-time breathing disorder called obstructive sleep apnoea (OSA) can interrupt the sleep and lower sleep quality, which leaves one to be more vulnerable to respiratory infections like common cold and flu. Sleep deprivation can also make existing respiratory diseases worse, such as chronic lung illness.

Digestive System: Along with eating too much and not exercising, sleep deprivation is another risk factor for becoming overweight and obese. Sleep affects the levels of two hormones, leptin and ghrelin, which control feelings of hunger and fullness. Sleep deprivation also causes the body to release less insulin after eating. Insulin helps to reduce the blood sugar (glucose) level. Sleep deprivation also lowers the body's tolerance for glucose and is associated with insulin resistance.

Cardiovascular System: Sleep affects processes that keep the heart and blood vessels healthy, including those that affect the blood sugar, blood pressure, and inflammation levels. People who don't sleep enough are likely to get cardiovascular disease.

Endocrine System: Hormone production is dependent on sleep. Testosterone production needs at least 3 hours of uninterrupted sleep, therefore waking up intermittently throughout the night could affect hormone production. These hormones help the body

build muscle mass and repair cells and tissues, in addition to other growth functions.

HEALTHY SLEEP HABITS

The best way a person can prevent sleep deprivation is to ensure adequate sleep by following the recommended guidelines for his/her age group, as enumerated earlier in this Section. Following Healthy Sleep Habits can make the difference between restlessness and restful sleep. Researchers have identified a variety of practices and habits that can help people to maximise the hours they spend sleeping. These Sleep Habits include:-

Avoid Caffeine, Alcohol and Nicotine

Caffeine is a stimulant that keeps people awake, therefore avoid caffeine (found in coffee, tea, chocolate, cola, and some pain relievers) for four to six hours before bedtime. Similarly, smokers should refrain from using tobacco products too close to bedtime. Although alcohol may help bring on sleep, after a few hours it acts as a stimulant that distracts sleep.

Turn the Bedroom into a Sleep-Inducing Environment

A quiet, dark, and cool environment can help promote sound sleep. To achieve such an environment, block-out noise, use heavy curtains and blackout shades to block-out light. Keep the temperature comfortably cool and the room well ventilated. Use appropriate mattress and beddings that suite your body type.

Establish a Soothing Pre-Sleep Routine

Ease the transition from wake time to sleep time with a period of relaxing activities an hour or so before bed. Avoid stressful, stimulating activities like doing some official work and discussing emotional issues.

Go to Sleep When You are Truly Tired

Struggling to fall sleep just leads to frustration. If you're not asleep after 20 minutes, get out of bed, go to another room, and do something relaxing, until you are tired enough to sleep.

Don't Be a Night-time Clock-Watcher

Staring at a clock in your bedroom, either when you are trying to fall asleep or when you wake in the middle of the night, can actually increase stress, making it harder to fall asleep.

Keep Your Internal Clock Set with a Sleep Schedule

Going to bed and waking up at the same time each day sets the body's "internal clock" to expect sleep at a certain time; night after night. Waking up at the same time each day is the very best way to set your internal clock.

Nap Early; or Not at All

Many people make naps a regular part of their day. However, for those who find falling asleep or staying asleep through the night problematic, afternoon napping may be one of the reasons. This is because late-day naps decrease sleep drive. If you must nap, it's better to keep it short and before 5 p.m.

Lighten Up on Evening Meals

Eating as late as at 10 or 11 pm may be a recipe for insomnia. Finish dinner several hours before bedtime and avoid foods that cause indigestion.

Balance Fluid Intake

Drink enough fluid at night to keep from waking up thirsty, but not so much and so close to bedtime that you will be awakened by the need for a trip to the toilet.

Exercise Early

Exercise can help you fall asleep faster and sleep more soundly, as long as it is done at the right time. Exercise stimulates the body to secrete the stress hormone cortisol, which helps activate the alerting mechanism in the brain. Therefore, when you are trying to fall asleep, try to finish exercising at least three hours before bedtime; or work out earlier in the day.

Part Fourteen: STRESS HYGIENE

Stress is the state of mental or emotional strain or tension resulting from adverse or demanding circumstances. It is the way by which your body experiences and manages external pressures, whether they are mental or physical, especially if they are perceived as threatening or dangerous. Stress is the result of brain chemicals, called hormones, surging through the body, making people to sweat, to breathe quicker, to tense their muscles and to prepare to take action. When this happens, a person's built-in alarm system (“fight-or-flight” response) becomes activated to protect them.

A certain amount of stress is a normal part of daily life. Small doses of stress help people to meet deadlines, to be prepared for presentations, to be productive and to arrive on time for important events. However, overwhelming and long-term stress increases the risk of mental health problems such as anxiety and depression, substance use problems, sleep problems, pain and bodily complaints such as muscle tension, etc. It also increases the risk of medical problems such as headaches, gastrointestinal problems, a weakened immune system, difficulty conceiving, high blood pressure, cardiovascular disease and stroke.

SIGNS & SYMPTOMS OF STRESS

Cognitive symptoms include:- difficulty concentrating or thinking; memory problems; negativity or lack of self-confidence; constant worrying and difficulty in decisions.

Emotional symptoms include:- moodiness; low morale; irritability; feeling hopeless or helpless; feeling apprehensive, anxious or nervous; feeling depressed; feeling unhappy or guilty and feeling agitated or unable to relax.

Physical symptoms include:- headaches; muscle tension or other physical pain or discomfort; stomach problems; nausea, diarrhoea or vomiting; loss of sex drive; rapid heart rate; high blood pressure and fatigue.

Behavioural symptoms include:- sleeplessness; changes in eating patterns; social withdrawal; nervousness, increased use of cigarettes, alcohol or other drugs; neglect of family or work responsibilities and decline in performance or productivity.

STRESS MANAGEMENT

Take a stand against over scheduling. If you're feeling stretched, consider cutting out an activity or two, opting for just the ones that are most important to you.

Be realistic. Don't try to be perfect - no one is. And expecting others to be perfect can add to your stress level and put a lot of stress on them! If you need help on something, ask for it.

Get a good night's sleep. Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors. In fact, getting a good night's sleep is associated with better grades and improved mood.

Learn to relax. The body's natural antidote to stress is called the relaxation response. It is your body's opposite of stress, and it creates a sense of well-being and calm. Ensure that you stay

relaxed by building time into your schedule for activities that are calming and pleasurable, like reading a good book or making time for a hobby.

Healthy eating. Go for good diets that suite your body type. Eat a lot of vegetables and fruits. Avoid stimulants like coffee and other strong beverages and drinks.

Exercise well. Experts agree that getting regular exercise helps people manage stress. But, excessive or compulsive exercise can contribute to stress, therefore, use moderation.

Avoid alcohol and drugs: Some people may turn to substance abuse as a way to ease tension. Although alcohol and other drugs may seem to lift the stress temporarily, relying on them to cope with stress actually promotes more stress because it wears down the body's ability to bounce back.

Watch what you're thinking. Your outlook, attitude, and thoughts influence the way you see things. A healthy dose of optimism can help you make the best of stressful circumstances.

Solve the little problems. Learning to solve everyday problems can give you a sense of control. Avoiding them can leave you feeling like you have little control and that just adds to stress.

Part Fifteen: TOILET HYGIENE

Toilet Hygiene embraces serious considerations in caring for the toilets and bathrooms, which are humid areas due to the amount of water in the cistern and the bathtub. Toilets and bathrooms are perfect places for germs and bacteria to breed. Bacteria's like E-coli, Salmonella and much more can mostly be found in the toilet bowl. These bacteria are also found on the toilet seat, the floor, the flush and the door handle. Bacteria in the toilet absorb organic

waste and release gases, which is the reason why we get a foul odour in the toilets. Hence toilet hygiene is very important.

SOME USEFUL TIPS ON TOILET HYGIENE

Sweep the floor and pick up any trash: When sweeping, start in one corner of the toilet/bathroom and sweep in overlapping strokes; and collect trash and put it in the dustbin.

Disinfect all high-touch areas: Disinfect toilet flush handles, door knobs, faucets, paper towel dispensers, stall locks, water taps, showers, light switches, the wall etc. Disinfectants need to sit on a surface for several minutes in order to kill pathogens.

Shut the lid before you flush: Every time you flush the toilet, bacteria are projected into the air and then cover all the surrounding surfaces. So it is extremely crucial to always flush the toilet with the toilet lid down.

Clean your toilet brushes: Remember to clean the toilet brush which can spread bacteria if not cleaned after every use. Wash toilet brush with disinfecting detergent. Toilet brushes should be changed at least once every six months.

Ventilate your toilet: Ventilate the toilet to reduce the level of humidity in the room. Allow floor to dry fully. The fastest way to do this is by using a dry mop, which can help sop up any solution that's left on the floor after mopping. This practice also helps reduce the risk of slips and falls.

Wash your private parts and your hands: After you use the toilet, wash your private parts and your hands with soap and clean running water. Scrub your hands with soap for 20 to 30 seconds, and be sure to clean between your fingers, on the back of your hands, and under your nails. Go over the flush and the taps with

extra care as they are breeding grounds for bacteria. These are ideal places to pick up microbes as they are in direct contact with your hands. Therefore, wash your hands thoroughly with soap and running water every time you use the toilet.

SOME USEFUL HEALTHY TOILET HABITS

Every day some people use the toilet without much thinking. Some like to have long chats over the phone in the toilet, while some others like to make their toilet visits start and end all in a rush. People should be more considerate toilet/bathroom users and be more mindful of their behaviours so as to cultivate a pleasant and positive toilet/bathroom environment for all.

Part Sixteen: HOSPITAL HYGIENE

Hospital hygiene deals primarily with the prevention of hospital infections. Protecting both patients and health workers, and even hospital visitors, from infections is of paramount importance, which can only succeed if all persons and groups involved in patient care and hospital management are committed to hygiene. Hospital Acquired Infection (HAI) is a major safety concern for both health care providers, patients and visitors, therefore all efforts should be made to make the hospitals as safe as possible by preventing such infections. Infections are dangerous and deadly; and even minor infections can become major problems for patients with healing problems, such as diabetes.

HEALTH HAZARDS IN HOSPITALS

Health hazards can distort employees' biological balance (disease), because of their exposure to the hospital working environment. These hazards can be as follows:-

Natural hazards: Natural hazards are the risks related to natural factors of a working environment such as noise, low or high temperatures, lighting, ionizing and ultraviolet radiation, vibration, ultrasound, laser, etc.

Chemical hazards: The harmful agents of this type are classified into different categories such as particulate pollutants or aerosols (powders, fibres, fumes, clouds) and air pollutants (gases, vapours). In hospitals, chemical agents that are potentially harmful include anesthetics, radioisotopes, formaldehyde, glutaraldehyde, contrast mediums, antiseptics, ethylene oxide, chemotherapeutic drugs, organic acids, aldehydes, ketones, inhalational anesthetics, etc.

Biological hazards: Biological hazards are the risks deriving from the exposure to pathogens including genetically modified microorganisms, cell cultures (growth of cells derived from multi-cellular organisms) and human endoparasites (fungi, protozoa, mesozoa, viruses, rickets, bacteria, etc.). It is necessary that an occupational risk assessment be held to quantify and qualify occupational hazards in the work environment due to the severity of the impacts on workers owing to their exposure to those factors.