

Importance of Personal Hygiene

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Introduction (Personal Hygiene Definition)

It is the basic concept of cleaning, grooming and it is the first step to good health. Besides that it is considered as one of the most important part of our daily lives at home and at workplace which help us to protect ourselves and keep us with good health.

Concept of Personal Hygiene (Generally)

Personal hygiene includes different habits i.e., washing hands and brushing teeth which keep bacteria, viruses and fungal far away from our bodies. Moreover these habits will help us to protect our mental health and activity. Also good personal hygiene will help us to keep feeling good about ourselves. Since those who do not take care of their personal hygiene i.e., dirty clothes, body odor and bad breath will suffer from discrimination and this will mainly lead to mental problems. But the most important point in this subject, is that all people have their own hygiene but some people do it better than others, this will mainly depend on each person's culture, society and family norm.

Medical Personal Hygiene

In the medical sector this term includes personal attention to prevent the spread of germs and diseases, and this can be taken place by using of personal protective equipment barrier over the skin these equipments include gloves, boots and coveralls. Also, good hand washing, scrubbing and skin care can prevent work exposures to disease and help in removing chemicals, germs and contamination.

Moreover this term i.e., medical hygiene also pertains to the hygiene practices associated with the administration of medicine, and medical care, these practices will lead to the prevention or minimization of diseases and their spreading.

In order to reach to the required point of minimization of diseases and their spreading, there are some important points to do that:

1. Use of protective clothing and barriers, such as masks, gowns, caps, eyewear and gloves.
2. Disinfection of reusable materials or things (i.e. linen, pads, uniforms).
3. Isolation of infectious persons or materials.
4. Sterilization of instruments used in surgical operations.
5. Safe disposal of medical waste.

Role of Open Access Journal in This Point

As it is clear from the above points the importance of personal hygiene in preventing the incidence and spreading of different diseases which can affect on human health in different ways in some cases, deadly. Therefore it is a very important point for the open access journals to encourage researchers and clinicians to work hard in order to clarify the proper and the most effective ways that people who work in medical and non medical sectors should follow to maintain personal hygiene at workplace.

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