



Taking care of personal hygiene

Health Prevention and Education Unit
Prepared by Licensed Health Educators

Objectives



Understand the importance of maintaining good personal hygiene.

Apply and correctly practice the basic steps of the main hygiene care routines.

Identify and promote good hygiene habits in daily life.



What is hygiene?



Hygiene is the process through which a person takes care of their health by keeping their body clean and protected.

It consists of a set of daily habits that help prevent infectious diseases, improve overall well-being, and strengthen self-esteem.

Oral health

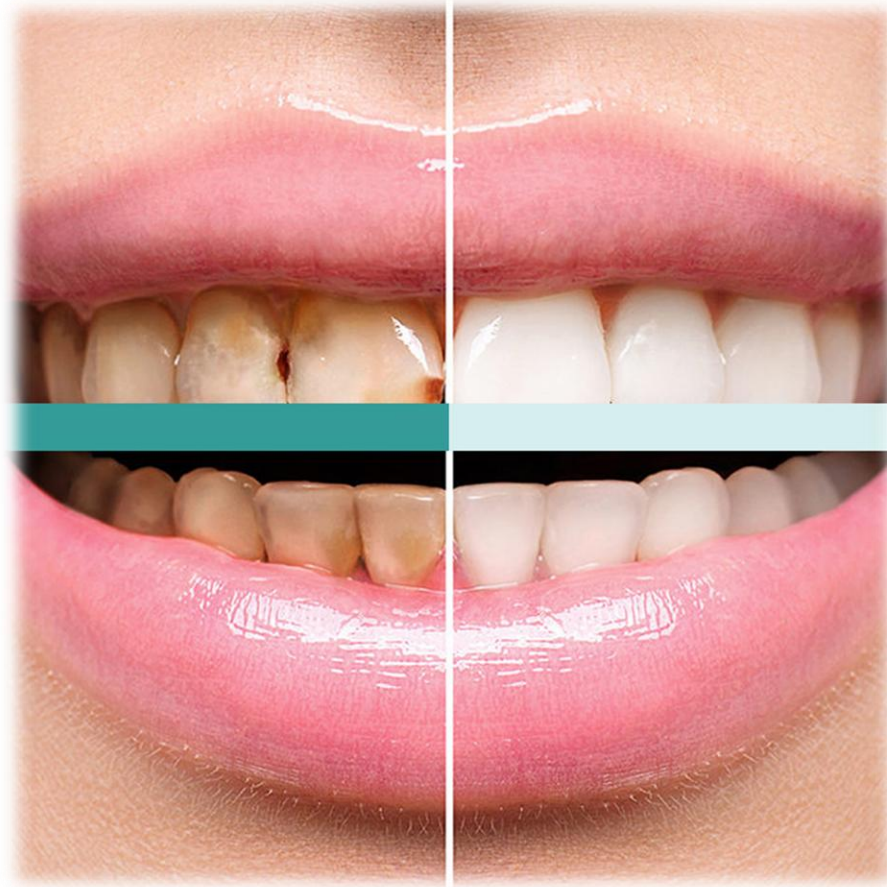


Oral health

The care of the mouth and teeth begins in childhood. If it is not properly attended to, problems such as gum disease, cavities, and even the loss of teeth can occur.



Consequences of Poor Oral Health



Infections

The bacteria present in the mouth can cause cavities, periodontal disease, and other common infections in both children and adults.

Many of these conditions can be prevented with good oral hygiene, and in the case of those most common in childhood, they usually last only a few days.

However, other dental diseases can be more serious and may last longer if they are not properly treated.



Oral infections



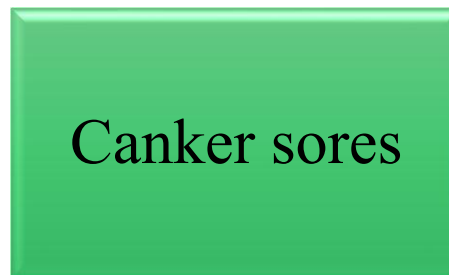
Dental plaque



Cavities



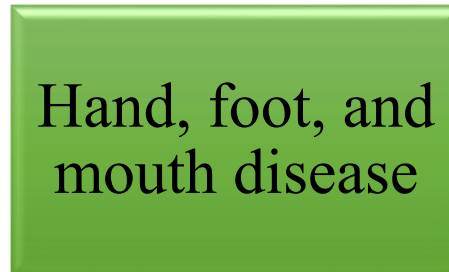
Gingivitis



Canker sores



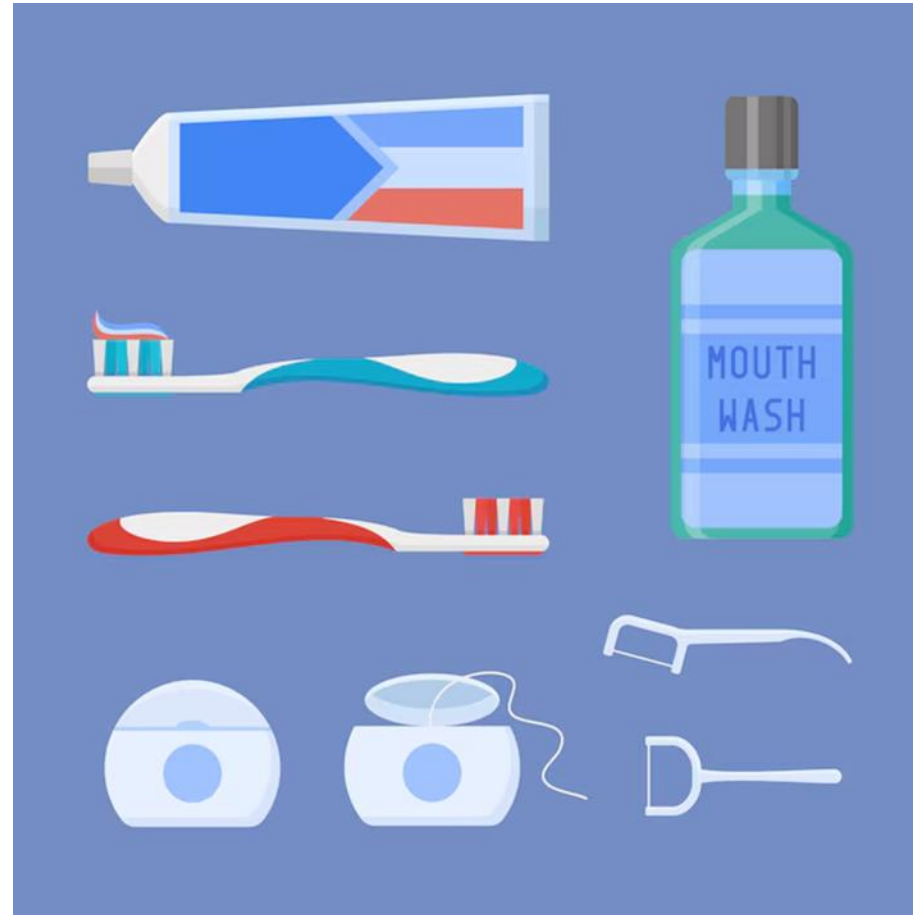
Periodontitis



Hand, foot, and
mouth disease



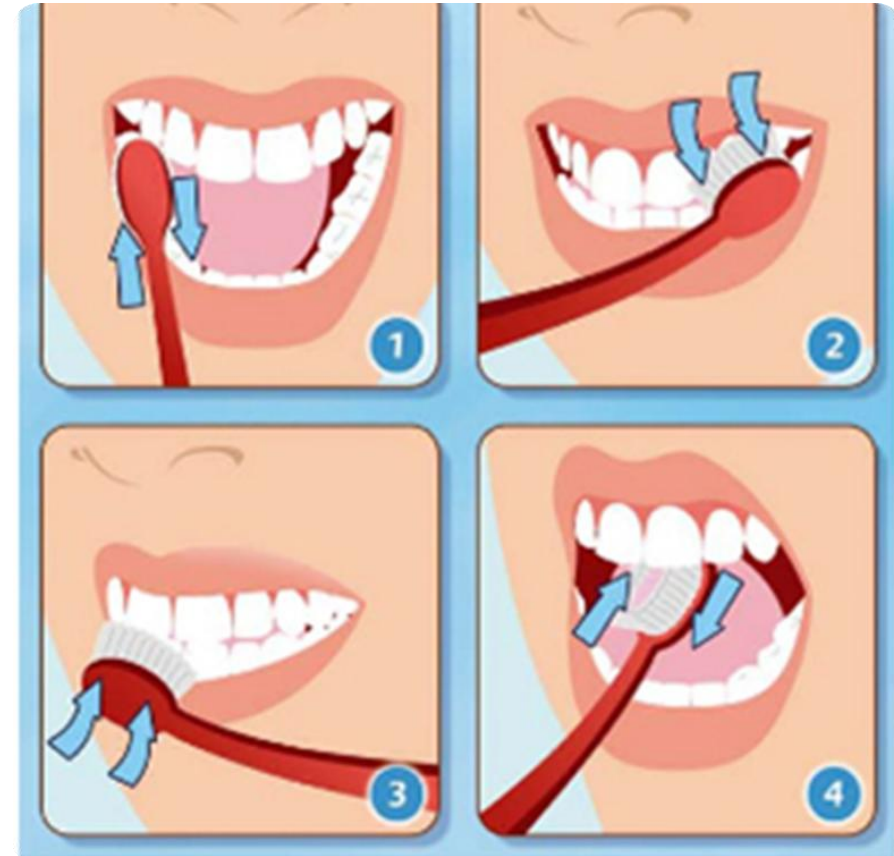
Oral Health Tools



How to Brush Correctly

Easy Steps

1. Brush your teeth for at least two minutes.
2. Put the toothbrush at a 45-degree angle toward your gums.
3. Move the brush back and forth with short and gentle strokes.
4. Brush the outside, inside, and chewing surfaces of all your teeth.
5. For the inside of the front teeth, hold the brush up and down and make small strokes.
6. Brush your tongue to remove bacteria and keep your breath fresh.



Using Dental Floss

Easy Steps for Flossing:

Use dental floss once a day, preferably when you brush your teeth.

Take a piece of floss and gently slide it **between each tooth**.

Move the floss **softly**, up and down, to remove food and plaque.



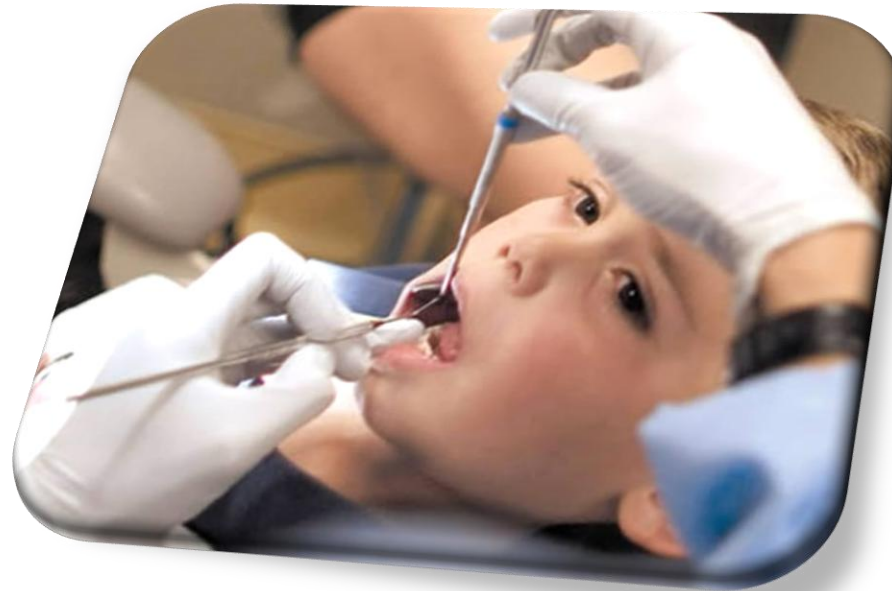
Using mouthwash:



Use 2 teaspoons
of mouthwash
and 1 teaspoon of
water.
Swish for 30
seconds.

¡Let's go to the dentist!

Go to the dentist every six (6) months for a checkup.



Did you know that good oral health helps you eat, talk, and smile better?

Most oral diseases can be prevented with good dental care.

For good oral health, brush twice a day and visit the dentist every six months.



Care for your teeth and keep your smile for life!



How to Wash Your Hands and Take Care of Your Nails

Clean hands, healthy hands!

- Washing your hands is one of the best ways to protect yourself and your family from getting sick.
- Germs can spread from one person to another, or from surfaces to people, when:

You touch your **eyes, nose, or mouth** with dirty hands.

You prepare or eat **food and drinks** without washing your hands.

You touch **surfaces or objects** that have germs.

You cover your nose when **coughing or sneezing** into your hands and then touch other people or objects.



Steps to Wash Your Hands Properly

1. **Wet your hands** with clean water and apply soap.
2. Lather your hands by **rubbing** them together with the soap. Make sure to lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** for 20 seconds.
4. **Rinse** your hands well under clean water.
5. **Dry** them with a clean towel or let them air-dry.



Nail hygiene

Good hand hygiene also includes **cleaning and trimming** your nails. Dirty nails can trap dirt and germs, which can cause or spread infections.



Preventing the Spread of Nail Germs and Infections



Trim your nails regularly to keep them clean.



Clean under your nails with soap and water every time you wash your hands.



Clean the nail clipper before using it.



Do not bite your nails.



Do not cut your cuticles, as they protect against infections.



Do not pull or bite a hangnail. Cut it with a clean, disinfected nail clipper.

Coughing and Sneezing

Covering your nose and mouth when you cough or sneeze, and keeping your hands clean, helps prevent the spread of respiratory illnesses such as the flu, mycoplasma, and COVID-19.



How to Stop the Spread of Germs

Cover your nose and mouth with a tissue when you cough or sneeze.

Throw used tissues in the trash.

If you don't have a tissue, cover your nose and mouth with the inside of your elbow not your hands.



***Wash your hands right after blowing your nose, coughing, or sneezing.**

A close-up, profile view of a woman with long, straight, brown hair. She is holding a wide-tooth, light-colored comb and is in the process of combing her hair. The background is a plain, light color. The text "Proper hair hygiene" is overlaid in the center of the image.

Proper hair hygiene

Hair care



Maintaining healthy hair through good hygiene and proper care can help prevent and manage many conditions.



Use **shampoo and clean water** to remove dirt, oil, and any unwanted residue from your scalp.

To improve your scalp and hair-care routine

Practice these habits:

Choose a shampoo and conditioner that are appropriate for your hair type.



Wash your hair regularly to keep it clean.



Brush it frequently to prevent tangles and help remove dirt buildup.



What is pediculosis?

Lice are very small, wingless insects that live in the hair and feed on human blood. They can easily spread from one person to another through close contact (head-to-head) or by sharing personal items such as combs, hats, headbands, towels, or pillows.



Types of lice



Body Lice



Pubic Lice



Head Lice



How to tell if you have lice?



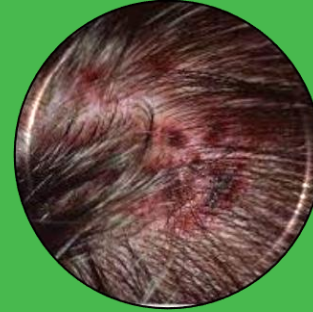
Intense itching



A tickling or
crawling
sensation on the
scalp



Visible lice eggs
(nits) attached to
the hair near the
scalp



Sores on the
scalp, neck, or
shoulders



Small bite marks
on the scalp



How Are Lice Spread?

Head-to-head contact

This can happen when children or family members play or interact closely.

Sharing clothing, combs, or brushes

Sharing personal items can make it easier for lice to spread.

Contact with furniture infested with lice

Lying on a bed or sitting on furniture recently used by someone with lice can also spread them.

Prevention

- **Avoid physical contact** with infected individuals and their belongings. For example: clothing, head accessories, and bedding.
- **Wash clothing, bedding, and towels in hot water** and dry them using the hottest setting on the dryer. You can also **hang them in the sun**.
- **Do not share** clothing or **items** used on the head. For example: headphones, hair ties, and helmets.





Skin care

Impetigo



Impetigo is a **skin infection** caused by bacteria.



It usually **appears on the face**, especially around the nose and mouth.

How do you know if you have impetigo?

Impetigo usually begins as small blisters that break open and release fluid. A yellow or brown crust then forms over the area, which makes impetigo look different from other common scabs.



Good Habits to Prevent Getting Impetigo



Bathe or shower regularly.



Use soap to keep your skin clean.



Check for scratches or skin irritation caused by scratching. Keep those areas clean and covered and avoid scratching them.



Wash your hands often with soap.



Keep your nails short and clean.

If You Have Impetigo...

- Try **not to scratch** or touch the blisters. This can spread the infection to other parts of your body or to other people.
- **Apply the ointment** or take the medication prescribed by your doctor.
- **Gently wash** the infected areas with soap and water. Use a clean piece of gauze as well.



A white sanitary pad is positioned on the left side of the frame, set against a soft pink background. To the right, there are several branches of cherry blossoms with delicate white flowers and green leaves. Some petals have fallen and are scattered across the surface. The overall composition is clean and aesthetically pleasing.

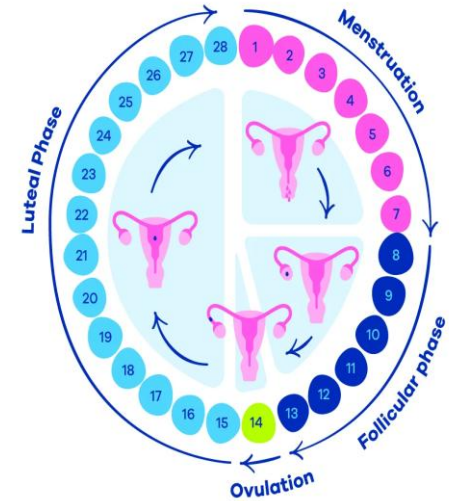
Menstrual Cycle

Menstruation

Menstruation is a natural process in which a girl or woman releases blood from the uterus through the vagina.

There is no way to know the exact moment of this change. However, most girls have their first menstruation between ages 10 and 12.

During menstruation, it is important to clean the vaginal area often. Good hygiene helps prevent infections in the genital area.



Recommendations for Menstrual Hygiene



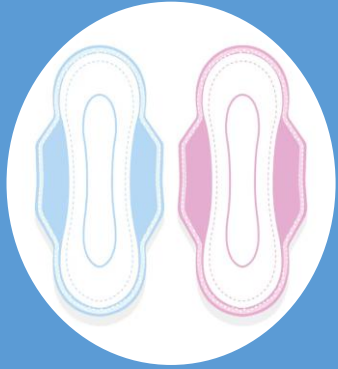
Clean the vaginal area often with soap and water.

Change your sanitary pad regularly.

Keep hygiene products on hand to meet your needs and prevent staining your clothes.

Mark the first day of your period on a calendar. This will help you be prepared and better understand your cycle.

Menstrual Hygiene Products



Sanitary pads



Tampons



Menstrual cup



Menstrual disc.

A soft, flexible ring that is inserted to collect internal fluid during a person's cycle.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following phone lines:



Available Service Lines

Medical Advice Line

24 hours a day /7 days a week


1-844-647-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800


TTY/TDD 1-844-347-7805



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 - <https://www.cdc.gov/group-a-strep/es/about/acerca-del-impetigo.html>
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