**MAINTAINING GOOD PERSONAL HYGIENE**

The talk on everyone’s lips today is Corona virus. Many are not quite sure what it really is or how to effectively avoid being infected by this COVID-19 pandemic. We’ve been advised by World Health Organization (W.H.O.) and many other agencies to wash our hands regularly and maintain social or physical distancing. Washing our hands regularly is part of maintaining good personal hygiene. Good personal hygiene is important for both health and social reasons. It entails keeping your hands, head and body clean so as to stop the spread of germs and illnesses.

It is based on this premise that we have put together some useful guidelines to maintain good personal hygiene. Habits are formed when you practice something every day. Adhering to the guidelines below will help us form healthy habits that will help prevent illnesses and infections from bacteria or viruses:

1. Wash your hands regularly with soap and water:

* After using the toilet
* Before eating or feeding a child
* After disposing refuse
* After returning home from school, work, market etc.
* After coughing, sneezing or blowing your nose.

1. Cough into your elbow or use a handkerchief or tissue to cover your mouth.
2. Cover your nose and mouth with a handkerchief or tissue when you sneeze.
3. Use a handkerchief or tissue to wipe off sweat rather than your fingers or palm.
4. Trim your finger nails and use a nail brush to remove dirt sometimes embedded in the nails.
5. Avoid spitting out of your car window or while walking along the street. Use a tissue and dispose this in a covered bin.
6. Use a tissue when blowing your nose or removing things stuck in there. Avoid picking your nose with your fingers.
7. Wash your handkerchief, socks and under-wears daily. Where possible, sun-dry and iron them.
8. Do not share towels and face cloths.
9. Shave underarm and pubic hairs to avoid the accumulation of sweat and bacteria.
10. Bath twice daily where possible.
11. Brush your teeth in the morning and before going to bed at night.
12. Wash and groom your hair.
13. Stay hydrated by drinking plenty of water. This also helps to fight bad breath.
14. Carry and alcohol based sanitizing gel and use this when soap and water isn’t available.