

# EXPERIMENT: 05



**Centurion**  
**UNIVERSITY**

*Shaping Lives...*  
*Empowering Communities...*

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**AIM OF THE EXPERIMENT:** Personal hygiene and etiquettes – hand washing techniques, Cough and sneeze etiquettes.

**REQUIREMENT:** Data Collection

**THEORY:**

Every day, we come into contact with millions of outside germs and viruses. They can linger on body, and in some cases, they may make sick. Personal hygiene practices can help us and the people around us to prevent illnesses. They can also help us to feel good about the appearance. Personal hygiene means how we care for our body.

**METHODS:**

Toilet hygiene

Shower hygiene

Hair hygiene

Nail hygiene

Facial hygiene( Eye, Mouth, Ear)

Sickness hygiene

Hands hygiene

Menstrual Hygiene

**TOILET HYGIENE:** Wash your hands after using the restroom. Scrub 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. Rinse with warm water, and dry with a clean towel. If you don't have running water or soap, an alcohol-based hand sanitizer will also work.

**SHOWER HYGIENE:** Personal preference may dictate how often you wish to shower, but most people will benefit from a rinse at least every

other day. Showering with soap/shower gel helps to rinse away dead skin cells, bacteria, and oils.

**HAIR HYGIENE:** You should also wash your hair at least twice a week. Shampooing your hair and scalp helps remove skin buildup and protects against oily residues that can irritate your skin.

**NAIL HYGIENE:** Trim your nails regularly to keep them short and clean. Brush under them with a nail brush or washcloth to rinse away buildup, dirt, and germs. Tidying your nails helps you prevent spreading germs into your mouth and other body openings. You should also avoid biting your nails.

**FACIAL HYGIENE( Eye, Mouth, Ear):** Facial cleanliness is important to your health. Use soap and running water to remove dirt, oil, and unwanted debris from your face. Appropriate facial hygiene practices include not only washing the face but also properly caring for teeth, mouth, eyes, contact lenses, and ears.

**SICKNESS HYGIENE:** If you're not feeling well, you should take steps to keep from spreading germs to others. This includes covering your mouth and nose when sneezing, wiping down shared surfaces with an antibacterial wipe, and not sharing any utensils or electronics. Also, immediately throw away any soiled tissues.

**COUGHING AND SNEEZING:** Covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and COVID-19.

Germs can be easily spread by: Coughing, sneezing, or talking, touching your face with unwashed hands after touching contaminated surfaces.

## **ETIQUETES FOR COUGHING AND SNEEZING:**

- ✚ Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in the trash.
- ✚ If you don't have a tissue, cough or sneeze into your elbow, not your hands.
- ✚ Remember to immediately wash your hands after blowing your nose, coughing or sneezing.

**HANDS HYGIENE:** Germs on your hands can easily enter your body through your mouth, nose, eyes, or ears. Wash your hands with soap or handwash with proper techniques.

when you handle food before you eat if you handle garbage when you sneeze any time you touch an animal

**There are EIGHT(08) steps of handwashing.**

- ✚ Step 1:Wet your hands and apply enough liquid soap to create a good lather..
- ✚ Step 2: Rub Palms Together. ...
- ✚ Step 3: Rub the Back of Hands. ...
- ✚ Step 4: Interlink Your Fingers. ...
- ✚ Step 5: Cup Your Fingers. ...
- ✚ Step 6: Clean the Thumbs. ...
- ✚ Step 7: Rub Palms with Your Fingers.
- ✚ Step 8: Clean the wrist...

## **MENSTRUAL HYGIENE:**

Wash your hands before and after using the restroom and before using a menstrual product. Discard used disposable menstrual products properly: wrap them with toilet paper, a tissue, or other material and then toss in a trash bin. Do not flush menstrual products down the toilet. Sanitary pads: Change sanitary pads every few hours, no matter how light the flow.

Change them more frequently if your period is heavy. Tampons: Change tampons every 4 to 8 hours. Do not wear a single tampon for more than 8 hours at a time. Use the lowest-absorbency tampon needed: If you can wear one tampon for up to 8 hours without changing, the absorbency may be too high. Menstrual cups: Clean cups every day after use. Sanitize menstrual cups after your period is over by rinsing them thoroughly and then placing them in boiling water for one to two minutes. Period underwear: Most reusable period underwear is machine washable. Follow product directions on the best way to clean.

### **ADVANTAGES:**

- ✚ Cleanliness promotes mental clarity.
- ✚ Regular handwashing can prevent the spread of infections. A clean environment automatically boosts our self-confidence.
- ✚ Cleanliness gives a fresh and good look to our surroundings. Wearing a cleaned and ironed clothes protect you from skin infections.
- ✚ Cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful Bathing is very crucial for everyone.
- ✚ We need to take a bath at least once a day to keep ourselves healthy. Cleanliness prevents dangerous infectious diseases by keeping away microbes, germs, mosquitoes, and other pathogens.
- ✚ Cleanliness prevents scabies, pubic lice, head lice, body lice, diarrhea, athlete's foot, ringworm, pinworms, swimmer's ear, hot tub rash and from other disease conditions.
- ✚ Regular brushing twice a day can prevent from different teeth and gum problems, helps in digestion and give a beautiful smile.

**Conclusion:** From the above experiment, we discussed about different methods of Personal hygiene and etiquettes and hand washing techniques, Cough and sneeze etiquettes.