

Importance of Hygiene for Young Children

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Abstract - Hygiene is a set of practices performed for the perpetuation of health. Children need to be taught the meaning of hygiene early on so that it becomes a habit. Children are the most subject to hygiene-related disorders like skin issues, rashes, infections, wounds, etc. Instruct them untimely on about what to stay away from. Teach them that taking a few precautionary measures to prevent infections and diseases is imperative. And also the Maintaining personal hygiene is necessary for many reasons personal, social, health, psychological, or simply as a way of life. The present study aimed to measure the prevalence of the most important health behaviors relating to oral diseases' namely tooth brushing, eating habits, and visits to the dentist, of primary school children.

Keywords - Childhood, Eating habits, Oral health, Self Hygiene, Tooth brushing.

I. INTRODUCTION

The type of health risks that are posed to the human race today, it has become imperative to stay as hygienic as possible. In fact, most of the new world diseases like bird flu and swine flu have been accredited to be deficient in hygiene. And if we fight lack of hygiene today, it will have good property on the invention after us too. Hygiene is a schedule that desires to be alert on and inculcated in children at an early age. And it need not be restricted to our bodies alone. It needs to be maintained in our impression as well.

Personal hygiene refers to the complete cleaning and caring for your body. Maintaining good quality personal hygiene includes dip, washing your hands, brushing your teeth, and wearisome clean clothing. It also includes the construction of safe and healthy decisions when interacting with others. Implementing good personal hygiene practices has both health and social benefits. Personal Hygiene harvest is a billion-dollar business in the profit-making market, with many high-profile celebrities endorsing products that aim to keep us looking our best. In fact, hygiene is actually a scientific study.

Maintaining a towering level of individual hygiene will help to augment self-esteem and assurance while minimizing the probability of developing imperfections. Tooth brushing is an efficient constituent of self-care

that may put off oral diseases or recover oral circumstances and is one unfailing element of the educational messages given to children.

Health Benefit means **trusting** your body fresh is vital in fighting and preventing illness both for yourself and for those around you. Washing your hands can avoid the increase of germs from one person to another or from one part of your body to another. Flossing and brushing your teeth can diminish the likelihood of oral and other diseases.

Social Benefit is in various cultures, and poor individual hygiene is considered offensive or a sign of illness. Caring for your body commonly can reduce body aroma and improve your personal emergence, subsequently improving others' perceptions of you. This is particularly important in situations in which proper etiquette is expected or required, such as at work or school.

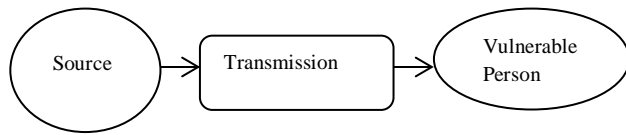
II. METHODOLOGY

Home and everyday life hygiene: It pertains to the hygiene practices that avert or diminish disease and the scattering of disease in home and in everyday life settings such as social settings, public transport, the workplace, and public places, etc. Hygiene in the home to everyday life settings plays a main part in preventing stretch of infectious diseases. It includes events used in a mixture of household situations such as hand hygiene, respiratory hygiene, food and water hygiene, general home hygiene, care of domestic animals, and home healthcare. Preventing the spread of infectious diseases means breaking the chain of infection transmission. The simple principle is that if the sequence of disease is broken down, the virus cannot spread.

The cause of infection: Infections are caused by germs, including bacteria, fungi, and viruses. There are many types of microbes. They are found in all places, and most are harmless. However, firm germs are called pathogens. They can cause harm to those susceptible to infection. Children and those who care for them may be exposed to these harmful microorganisms within childcare settings. The good news, however, is that scheming the risk of infection is usually relatively straightforward. Simple measures, such as regular hand washing, are sufficient.



Controlling the risk of infection: The method of virus can be represented as a chain as the length of which germs are transmitted from a foundation to a vulnerable person.



Contravention of a link in this chain at any point will organize the risk of infection. This can be achieved by:

- Removing the sources of infectivity
- Preventing the communication of germs
- Reducing the susceptibility of the person

The most important sources of disease in the home are people, food and water, and domestic animals. Moreover, sites that gather heavy water such as sinks, toilets, waste pipes, cleaning tools, face cloths voluntarily support microbial growth and can become resultant reservoirs of infection, though genus is mostly those that threaten at-risk groupware continuously shed from these sources via mucous membranes, faces, vomit, skin scales. Thus, when circumstances combine, people become exposed, either directly or via food or water, and can develop an infection. The major highways for the widening of microorganisms in the home are the hands, hand and food contact surfaces, and cleaning cloths and utensils. Germs can also spread via clothing and household linens, such as towels.

Hand hygiene: This is distinct as hand washing and nails with soap and water or using a sanitizer. It is essential to preventing the spread of infectious diseases in home and everyday life settings. Washing your hands is the best way to stop germs from scattering. Good hand hygiene will reduce the risk of things like flu, food poisoning, and healthcare-associated infections being passed from person to person.

Nose blowing, coughing and sneezing: Nose blowing, cough, and sneezing broaden microbes. Children can be taught to blow their noses, dispose of the tissue and then wash their hands. They can also be taught to sneeze or cough into a tissue or into their prod. Keep profusion of tissues on hand, and discourage nose-picking.

Hair: which is crackdown washed at least once or twice a week and brushed, makes it easier to perceive head lice and scalp rashes. Near the beginning, finding allows for before-time treatment and reduces the chance of disease or parasites spreading to other children.

Nails: Muck and microorganisms regularly hide under fingernails. Children scrape their genitals, put their hands in their diapers, pick their noses, scratch rashes, and put their hands in their mouths. Maintenance children’s nails clipped, and clean reduces the stretch of microorganisms to others.

Clothes: Clothes should be clean, comfortable, and appropriate for the weather.

Bathing: Even though it does not regularly take place at child care, the regular swim is significant and allows a child’s complete body to be examined for signs of grievance, skin complaint, or sores.

Food hygiene: This hygiene all over the world people are gravely precious every day by diseases that are caused by overwhelming unclean and unsafe food. We have to give due emphasis to good hygienic practices to avoid and control food-borne diseases. Food-borne diseases result from eating foods that contain infectious or toxic substances.

Hygiene in the bathroom and toilet: It means the bathroom and toilet are public areas of the home which are in invariable use during the day. It provides a spotless atmosphere for the widening of razing, respiratory, and skin pathogens via hands and surfaces from one family member to another. Bathroom and toilet areas habitually have higher levels of dampness in the atmosphere and on surfaces than the rest of the house. Given that there will also almost always be some lingering nutrients from organic matter, this provides good circumstances for microorganisms to endure for extended periods, and in some circumstances, some types of organisms can grow and divide to set up resident populations. Keeping bathroom and toilet areas to be clean so that only daunting the survival of potentially harmful organisms in these areas but only works to reduce infection risks if it is combined with good hygiene habits.



Fig 1. List of proper cleaning

III. THE IMPORTANCE OF HYGIENE

Practicing Self Hygiene: In India faces unsympathetic weather and climate conditions, so hygiene is more imperative so that to teach our children these good habits. In fact, we Indians have a status for our lack of hygiene, and it is time we did something about it. Being unhygienic could not only avoid your friends and colleagues.

Here are some tips on situations where you can practice hygiene:

- Forever and a day brush your teeth twice a day. Dental hygiene is very vital, and teeth can easily get spoiled if not properly maintained.
- Always bathe once or more every day. Bathing on a regular basis is very important, especially in the city, where moisture and fumes can make your body a bacteria magnet.
- Wear a spanking new set of clothes as often as possible. Wearing clothes over and over without washing them can cause very serious skin disorders.
- Always keep your genital areas enormously clean. These areas are the most prone to infections and bacterial attacks.
- Wash your hands as often as possible it is very important. A lot of the spaces we touch may be very unclean.

Hygiene in Our Surroundings: Maintaining hygiene approximately us ensures that they do not turn into reproduction grounds for bacteria and viruses.

Make sure you follow these simple rules to keep your surroundings hygienic:

- Dispose of correctly.
- Maintain your home clean.
- Do not throw waste around residential areas.
- Use rubbish cans.
- Do not spit or urinate in public places. It not only looks bad but also causes the entire neighboring area to stink.
- Make sure you stay in invariable touch with the local organization to make sure that your office and residential areas are always clean.

Teaching Children about Hygiene: Kids need to be trained on the consequence of hygiene early on so that it becomes a habit. Kids are the majority susceptible to correlated hygiene disorders like skin issues, rashes, infections, wounds, etc. Instruct them untimely on about what to avoid. Teach them that captivating a few defending measures to avoid

infections and diseases is imperative.

Here are some tips you can give your kids:

- Avoid them from eating roadside food and avoid eating stalls are the main causes of stomach disorders and water-borne diseases.
- Inform the children of the diseases or infections that could be caused by in concert in the sludge.
- Construct them wash up later than they get back from play every day.
- Instruct them to bath appropriately and clean their entire body. Children have a predisposition to take quick baths, and such habits are complex to lose once they grow up.
- Persevere that they use the hand wash habitually.
- Create positive they commonly change their underwear.

Hygiene Awareness and Promotion:

- Focus on performance change by communicating key hygiene practices like hand washing.
- Support children, youth, and mothers to be agents of adjustment in their families and communities.
- Put into the hold through initiatives such that life skills training programs, course development and included cleanliness and hygiene education in schools, and maternal and child health education.
- It is most important to spend the time with young children enthusiastic and coaching good hygiene both in child care and at home.
- The paramount way the children learn to supposition positive health habits is by including them in their daily routine. Until children can do this, adults who care for them must take on this task. Here are some belongings to do for children to help them extend good personal hygiene habits and feel good about themselves.

Environmental hygiene in healthcare: During environmental hygiene is also important for the anticipation of communication of transferable diseases within healthcare settings. Environmental hygiene encompasses effectual crackdown of surfaces using apposite products, sanitization of medical equipment and devices used in patient care procedures, safe and right handling of sharps, blood and body fluid spills, waste, and linen.

Environmental surface cleaning: The role of the ecological crackdown is to diminish the number of contagious agents that may be at hand on surfaces and minimize the risk of transfer of microorganisms from one person or object to another, thereby tumbling the risk of cross disease.

IV. CONCLUSION

Hygiene plays an important role in our life. Children are the most subject to hygiene-related disorders like skin issues, rashes, infections, wounds, etc. Teach them early on about what to avoid. Hygiene is a habit that needs to be listening carefully on and inculcated in children at an early age. Implementing good personal hygiene practices has both health and social benefits. Humanizing children on good hygiene is the greatest way to avoid the spread of infection and disorders and not just for childhood complaints instruction the principles of correct hygiene at an early age can help keep persons healthy in later life and be taught to future generations.

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