

# **Personal Hygiene**

**Independent Living Skill:** Personal Hygiene and Personal Appearance

**Objective:** Students will Learn Poor Hygiene can....

- cause sickness and disease
- negatively affect their social life (personal and work)
- be prevented by using good hygiene techniques

**Targeted Audience:** Youth in the Independent Living Program at King Edwards Incorporated

**Materials Needed:** Pre-Test and Post-Test

**Resources:** Health Web Centre, <http://webhealthcentre.com/Healthyliving/personhygieneindex.aspx>

## **Complete the following statements:**

1. I pamper my body by...
2. Good hygiene is important to me because...
3. I consider \_\_\_\_\_ bad hygiene

Read the following scenarios and answer the questions below.

### **Scenario I**

John is an attractive young man, bright as a button and always dressed for success. He's good at everything he does at work and often comes up with innovative ideas. However, his breath causes many co-workers to squirm uncomfortably, scrunch up their noses, hold their breath, or turn their heads. Although John has a great personality, his co-workers are relieved when he stops talking. John has worked with the same colleagues for three years and no one has mentioned to him the problem with his breath.

Why haven't John's co-workers confronted him about his bad breath?

Do you think they are afraid of hurting his feelings?

Is John's supervisor responsible for discussing the matter with him? Explain why.

## **Scenario II**

You are waiting in line at a fast food restaurant in which five workers are at the counter serving customers. All of the workers appear well groomed with bright uniforms except for one. This particular worker has on a soiled uniform, over grown facial hair, greasy hair, stained teeth, and dirty nails. None of the customers in his line seem to notice his appearance because he is a fast worker. He works quickly and efficiently to move customers through the line.

Would you ignore the poor hygiene of this worker because he is efficient? Explain why.

- 4.** Have you ever encountered anyone with bad odor?
- 5.** How did you handle the situation?
- 6.** Do you think personal hygiene is important? Why?

## **Personal Hygiene Pre-Test**

**Answer true or false for each question**

1. Medication can cause body odor?

True

False

2. Bacteria are most common in long fingernails?

True

False

3. Body odor is caused by sweat under the neck and armpits only?

True

False

4. Poor hygiene can cause illness and death?

True

False

5. Cleaning your tongue with a toothbrush does not help with bad breath?

True

False

6. Pungent smells from certain food can be stored in the sweat glands and can cause body odor?

True

False

7. Tobacco and alcoholic beverages do not cause bad breath?

True

False

8. Showering once a day is sufficient for eliminating body odor?

True

False

9. Dandruff is caused by dead skin cells.

True

False

10. Use bacterial soap to avoid skin dryness and scales.

True

False

**Most people are too embarrassed to tell you that you have body odor. This included your friends and maybe even your boss. Your boss may only say something if your co-workers complain. Body odor can be distracting on the job and may slow down production.**

**Your nose may adjust to how you smell however, others may find your body odor offensive. Therefore, you must evaluate yourself.**

## **7. What is Personal Hygiene?**

Personal hygiene involves the practice of keeping oneself and one's living and working conditions clean in order to prevent illness and disease.

The daily habit of ensuring and maintaining cleanliness and healthy living will save you money from future health care costs.

**Keeping yourself clean will not only protect you from germs but also allows you to have confidence in your relationships and social life. Your unhygienic habits can affect other people who come in contact with you.**

**Actions to ensure personal hygiene are simple but yet most people neglect to practice the habits.**

**Bad breath is caused by...**

- Food trapped in cavities after eating.
- The food you eat. Garlic and onion are two of the usual contributors.
- Tobacco and beer.
- Plaque deposits.
- Gum disease

**The remedy for bad breath is to pay attention to your basic personal hygiene.**

- Brush your teeth at least three times a day especially after eating and before going to sleep.
- Floss to remove food that gets stuck in between your teeth and decay. No matter how much you brush, you will not remove everything.
- Gargle or rinse with water when it is inconvenient to brush after your meals.
- Clean your tongue. Bacteria accumulate on the tongue and can contribute to the foul smell when you breathe or open your mouth.
- Chew sugarless gum or suck sugarless mint to stimulate saliva production from a dry mouth.
- Avoid tobacco and beer.
- Visit the dentist regularly.

### **Bad body odor is caused by...**

- Sweat produced under the armpits or groin area.
- Some medication can cause body odor so make sure you visit your doctor

### **The remedy for bad body odor is to pay attention to your basic personal hygiene.**

- Clean your underarm and groin area with water and bacterial soap.
- Use deodorant or antiperspirant.
- Wash the clothes that you wear even after using it once.
- Cut pungent food that is carried in your sweat from your diet. Garlic, onions and beer are the common ones.
- Wash, shower or bathe regularly.

### **Foot odor is caused by...**

Foot odor is caused when the sweat does not evaporate and bacteria feed on it.

### **The remedy for bad foot odor is to pay attention to your basic personal hygiene.**

- Wash the soles of your feet and in between your toes with water and antibacterial soap regularly.
- Use clean and comfortable socks. Change them daily
- Take care of your feet and your shoes. Choose the right shoes. Wash and air them. Sprinkle your shoes with powder to absorb moisture.
- Switch to wearing open toed sandals or thongs especially in public showers.

### **Hair and Skin Tips**

- Wash your hair regularly. You need to wash the hair after spending long hours outdoors because your hair collects dust and pollens.
- You need to wash away the chlorine after swimming.
- Shampooing helps get rid of dandruff that is caused by dead skin cells.
- Moisturize your skin to avoid dryness and scales.

### **Importance of Washing Hands**

**You use your fingers and your hands in almost all of your activities. Washing your hands especially after using the toilet is a must personal hygiene habit to keep. One of the best ways to prevent bacteria from spreading and catching the common cold is to wash one's hands. Do not touch your eyes or eat anything without washing your hands.**

## **Personal Hygiene Post-Test**

**Answer true or false for each question**

1. Medication can cause body odor?

True

False

2. Bacteria are most common in long fingernails?

True

False

3. Body odor is caused by sweat under the neck and armpits only?

True

False

4. Poor hygiene can cause illness and death?

True

False

5. Cleaning your tongue with a toothbrush does not help with bad breath?

True

False

6. Pungent smells from certain food can be stored in the sweat glands and can cause body odor?

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