

**IT IS IMPORTANT TO MAINTAIN HYGIENE TODAY.**

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Annotation : In this article, we outline the importance of personal hygiene. We also discuss different types of hygiene, self-care routines, and what may happen if hygiene practices lapse.

Аннотация: В этой статье мы описываем важность личной гигиены. Мы также обсуждаем различные типы гигиены, процедуры ухода за собой и то, что может произойти, если пренебречь гигиеническими практиками.

Good personal hygiene involves keeping all parts of the external body clean and healthy. It is important for maintaining both physical and mental health. In people with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection. On a social level, people may avoid a person with poor personal hygiene, which may result in isolation and loneliness.

There are many types of personal hygiene.

The following list is a good starting point for someone looking to build a personal hygiene routine:

- Dental hygiene involves more than just having white teeth. A good dental hygiene routine can help prevent issues such as gum disease and cavities. It can also prevent bad breath.
- Several million sweat glands cover the human body. When bacteria break down sweat, the process creates a smell or body odor.

- Washing the body will help prevent skin irritation, as well as removing the bacteria that cause body odor. Washing the hair removes oil and keeps a person looking clean and fresh.

Regular hand washing is one of the best ways to avoid spreading communicable diseases. The Centers for Disease Control and Prevention (CDC) Trusted Source recommend washing the hands at certain times:

- before, during, and after preparing food
- before eating food
- before and after looking after anyone who is vomiting or has diarrhea
- before and after treating a cut or wound
- after going to the bathroom
- after changing diapers or cleaning up a child who has used the toilet
- after blowing the nose, coughing, or sneezing
- after touching garbage or dirty surfaces or objects
- after handling pets or pet-related items, such as food

### Nails

Fingernails may harbor dirt and germs, contributing to the spread of bacteria. It is easier for dirt and germs to collect under longer nails, so keeping them short can help reduce the risk of spreading infections.

Parents and caregivers should teach children how to keep themselves clean from a young age. For example, they can start using toothpaste to brush a child's teeth when they reach the age of 12 months. When the gaps between a child's teeth close, it is important to start flossing. Encouraging children to help clean themselves as soon as they are old enough is a good way to instigate a proper personal hygiene routine.

Poverty and lack of access to clean water can both have a detrimental effect on a person's personal hygiene. A person's mental health can also affect how they take

care of themselves. People who are living with certain conditions, such as a psychotic disorder, severe depression, or drug or alcohol use disorder, may find it very difficult to keep up a personal hygiene routine. While personal hygiene can cause certain health issues, it can also be a side effect of some of them.

In some cases, the inability to maintain a hygiene routine could result from depression. Depressive symptoms, such as reduced energy levels and impaired cognitive function, can make a self-care regimen more difficult to keep up. Poor hygiene is a sensitive topic, and talking to a person about it can be difficult. As a result, a person with poor personal hygiene could become isolated from other people.

Poor personal hygiene may also have an effect on the workplace. Companies may be more likely to offer jobs Trusted Source and promotions to individuals who appear to take care of their health and presentation. Poor personal hygiene can be particularly problematic Trusted Source in the food industry.

### References

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