



Dr. Bbosa Science

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HYGIENE

Hygiene deals with personal habits for bodily cleanliness.

Why one should promote personal hygiene?

- prevent spread of diseases
- to get rid of diseases
- to look smart

Body cleanliness

Cleanliness of the body means making sure your body is kept clean at all times. The whole body needs to be cleaned and not just specific parts of the body. Generally the body should be cleaned regularly soap and rinsed with enough clean water.

Body parts that need special care

(a) The mouth

The mouth has the tongue, teeth and gums.

Care for the teeth

- (i) Always brush your teeth after every meal with toothbrush and tooth paste. Toothpaste contain calcium the strengthen bones
- (ii) Eat food rich in calcium such as milk
- (iii) Avoid sugary food such as biscuit and sweet
- (iv) Do not open a soda using your teeth.
- (v) Use dental floss to clean in between your teeth, not tooth pick. Dental floss is a special waxed string used to remove food particles between teeth.

Problems related to teeth that require a dentist

- (i) Bleeding gum

- (ii) Tooth cavities
- (iii) Bad smell
- (iv) Tooth decay

Finger nails

These should be kept short and clean to prevent transfer of germs to the mouth.

Genital organs

Should be washed every after sex

Males should be circumcised to promote hygiene and reduce the risk of spreading sexually transmitted diseases.

Female should never struggle to remove all the mucus from the vagina since this exposes them to infections.

Personal items

What are personal items?

Personal items are your private things that are essential for your hygiene, grooming and good health.

Personal items include; handkerchief, hair-comb, hairbrush, toothbrush, socks and towel.

How should personal items be handled?

- i) Personal items should always be kept clean. They should be washed with warm water and soap. Handkerchiefs, towels and socks should then be spread on the clothesline to dry. And ironed to kill germs
- ii) Combs and hairbrushes can be cleaned by wiping them using a wet piece of cloth and/or bathroom brush.
- iii) A toothbrush should be cleaned by immersing it in warm water. This should be done regularly after use.

iv) Personal items should not be shared. They can transmit skin diseases such as ringworms, scabies from one person to another.

Personal cleanliness contributes towards proper hygiene and good health. The table below shows some personal items and their uses.

Table of summary of personal of items

Personal item	Use
Handkerchief	Wiping the nose
Socks	Protecting the feet
Toothbrush	Cleaning the mouth
Comb	Combing the hair
Hairbrush	Brushing the hair

Revision Questions

1. Bbosa usually brushes his teeth before eating a meal. Why is this not a good practice?
.....
2. State one way by which body lice can be avoided?
.....
3. State one method of avoiding tooth decay.
.....
4. Why is it necessary to brush teeth after every meal?
.....
5. Suggest one reason why an individual should promote personal hygiene?
.....
6. Give any one way in which ringworm is spread.
.....
7. (a) Give one way in which primary health care (PHC) is important to a community.
.....
- (b) State the elements of primary Health Care which is promoted by each of the following activities:
 - (i) Sweeping the kitchen.
.....
 - (ii) Putting drops of polio vaccine into the mouth of a child.
.....
 - (iii) Eating a balanced diet.
.....
8. State one disadvantage of keeping finger nails long.
.....
9. State any one habit which helps to promote oral health.
.....
10. (a) Write down any two activities that can be done by an individual to promote personal hygiene
.....
11. Which element of primary Health care helps to prevent tooth decay?
.....
12. What is the danger of having too much wax in the human ear?
.....

.....
13. In which one way does tooth paste promote oral health?

.....
14. State any one principle of Primary Health care
.....

Suggested answers

1. Bbosa usually brushes his teeth before eating a meal. Why is this not a good practice?
Brushing the teeth before and then eat leaves food particle in the teeth attracting germs.

2. State one way by which body lice can be avoided?

By keeping clothes clean

By ironing clothes

By bathing regularly

3. State one method of avoiding tooth decay.

Regular brushing of teeth after every meals.

4. Why is it necessary to brush teeth after every meal?

To remove food particles in the teeth that would attract bacterial

5. Suggest one reason why an individual should promote personal hygiene?

- prevent spread of diseases
- to get rid of diseases
- to look smart

6. Give any one way in which ringworm is spread.

By contact with infected person

Sharing clothes with infected person

7. (a) Give one way in which primary health care (PHC) is important to a community.

- ensure personal hygiene
- promotes health education,
- promotes good nutrition,
- promotes sanitation,
- promotes maternal and child health,
- Promotes prevention and control of endemic diseases.

(b) State the elements of primary Health Care which is promoted by each of the following activities:

- (i) Sweeping the kitchen.

Sanitation

- (ii) Putting drops of polio vaccine into the mouth of a child.

Prevention and control of endemic diseases or immunization

- (iii) Eating a balanced diet.

Nutrition

8. State one disadvantage of keeping finger nails long.



They keep germs

9. State any one habit which helps to promote oral health.

Brushing teeth;

cleaning the tongue



10. (a) Write down any two activities that can be done by an individual to promote personal hygiene

- (i) brushing teeth
- (ii) bathing daily
- (iii) cutting off finger nail

11. Which element of primary Health care helps to prevent tooth decay?

Personal hygiene or dental care

12. What is the danger of having too much wax in the human ear?

May lead to hearing loss

13. In which one way does tooth paste promote oral health?

Give good breath

Supplies calcium that strengthens the teeth

14. State any one principle of Primary Health care

Promotion of good health

Principles of Primary Health Care according to world Health Organization

1. *Accessibility* (equal distribution): this is the first and most important key to PHC. Healthcare services must be equally shared by all the people of the community irrespective of their race, creed or economic status. This concept helps to shift the accessibility of healthcare from the cities to the rural areas where the most needy and vulnerable groups of the population live.

2. *Community participation*: this includes meaningful involvement of the community in planning, implementing and maintaining their health services. Through the involvement of the community, maximum utilisation of local resources, such as manpower, money and materials, can be utilised to fulfill the goals of PHC.
3. *Health promotion*: involves all the important issues of health education, nutrition, sanitation, maternal and child health, and prevention and control of endemic diseases. Through health promotion individuals and families build an understanding of the determinants of health and develop skills to improve and maintain their health and wellbeing.
4. *Appropriate technology*: technology that is scientifically sound, adaptable to local needs, and acceptable to those who apply it and for whom it is used.
5. *Inter-sectoral collaboration*: to be able to improve the health of local people the PHC programme needs not only the health sector, but also the involvement of other sectors, like agriculture, education and housing.

45. The table below shows information collected from five homes health survey. Study it to answer the questions that follow.

Homes	Sanitation items checked			
	Latrine	Rubbish pit	Bathing shelter	Drying rack
A	X	X	√	X
B	√	√	√	√
C	X	√	√	√
D	X	X	X	√
E	X	√	√	X

Key

X = Item missing.

√ = Item present.

- (a) Which home had all the sanitation items?

.....

- (b) Identify the sanitation item missing in most of the homes surveyed.

.....

(c) Name any **one** disease that is likely to attack homes A, C, D and E.

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(d) Give any **one** other sanitation item which could be added in the health survey.

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36. Give any **one** way in which proper disposal of wastes is important in our environment.

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