



Dr. Bbosa Science

This document is sponsored by
The Science Foundation College *Nurture your dreams*
Kiwanga- Namanve
Uganda East Africa
Senior one to senior six
+256 778 633 682, 753 802709
Based on, best for sciences

Digital Teachers

Nurture your dreams

HYGIENE

Hygiene is personal cleanliness. Hygiene involves

- (a) body cleanliness,
- (b) good health,
- (c) clean environment,
- (d) proper use and proper storage of medicine.

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.

THE HEAD

External parts of the head

The hair, eyes, ears, nose and mouth are all parts of the head. They should be cleaned regularly with water and soap.

THE HAIR

Hair grows where there are oil-producing cells in the body. The oil is sticky and is often attracts and catches dust. To keep the hair and the skin of the head (scalp) clean, you should clean your hair regularly. The hair should be washed with soap and warm water. It should then be dried with a clean dry towel. The hair should then be combed using a brush or comb, to make it look tidy. Cleaning the hair regularly ensures that the head does not become a breeding ground for external parasites such as lice and mice.

THE FACE

The face should be washed at least two times a day, in the morning and in the evening. The face should be washed with a face towel, soap and warm water preferably. This opens up the oil and sweat pores on the skin enabling the skin to be clean and fresh. It also washes away any dust particles that stick to the face blocking these pores.

The face towel should be used to gently rub the face. The face should then be rinsed with clean warm water, then dried with a clean towel.

THE MOUTH

The mouth has the tongue, teeth and gums. The mouth should be cleaned regularly. It should be cleaned in the morning and every time you have a meal. By cleaning the mouth any remains of food particles and bacteria in the mouth are washed away. The teeth, tongue and gums should be cleaned using a toothbrush and toothpaste.

THE LIMBS

The limbs include the arms and the legs. The arms and the legs are very important parts of the body. The hands and nails are the parts of the arms that are more likely to come into contact with dirt. They are often used when working or eating. The hands should be cleaned with clean warm water and soap. Nails should always be kept short by cutting them whenever they grow long. If nails are left to grow long, dirt is trapped in between the nails and the fingers. This dirt may easily get into the mouth when one is eating. The nails should be washed with a brush to remove any dirt between them. The legs are used for movement and in the process; the feet collect dirt easily unless one has shoes on. If feet are not cleaned and not cared for well, they produce a bad smell.

Finger nails should never be cut with teeth since this may transfer germs to the mouth.

Cleaning other body parts

When we wash the whole body, we say we are taking a bath or a shower. In cleaning the other parts of the body, use a clean piece of cloth or a sponge that is well lathered with soap. The skin should be scrubbed gently using the lathered sponge or cloth.

Special attention should be given to the armpits, the neck and the groin (between the legs). These

parts are hidden and they sweat more. They should therefore be cleaned well. Pubic hair and hair in the armpits should be shaved to reduce sweating and bad smell around the armpit.

The body should then be rinsed properly and wiped with a clean dry towel. One should take a bath atleast twice a day, in the morning and evening. After a bath, one should put on clean underwear and clean clothes.

(a) 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.
- 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

Good health

Different people experience different forms of health problems. Some people are often ill and are said to have poor health. Those people who rarely get sick have good health. People in good health easily recover from minor illnesses. Their bodies can easily fight the diseases.

People with poor health would have better health if they took good care of themselves.

What are the requirements of good health?

For one to have a good health, the body requires the following;

(a) Food

The food that we eat must be clean, adequate and should consist of a balanced diet. By being adequate, the food must be eaten in enough quantities to supply the required nutrients that the body needs. The food should have all the essential nutrients, namely; carbohydrates, proteins, fats, vitamins and mineral salts. These nutrients can be found in the following foods;

(i) **Energy giving foods** provide the body with carbohydrates. **Carbohydrates** provide energy to the body. The energy is used for doing work. Carbohydrates are found in foods such as rice, sugar, maize, potatoes, groundnuts, wheat, or bread.

(ii) **Body building or repair foods** provide proteins to the body. Proteins are found in foods such as beans, milk, meat and peas. Proteins are used in the body for:

- Body repair - They help repair worn out body tissues.

- Body building and growth - Proteins are used to build the body hence growth, where the body increases in size.

Lack of proteins in the body cause a disease called kwashiorkor.

iii) **Protective foods**, which protect the body from diseases. They contain nutrients such as **vitamins and minerals**. We get **vitamins** and **minerals** from foods such as vegetables and fresh fruits. In order to have strong and healthy teeth, we need the mineral called **calcium**. For our blood to carry oxygen, we need the mineral called **iron**. Iron helps in forming the red blood cells that carry oxygen. Absence of iron leads to shortage of red blood cells, causing a disease called **anemia**.

We can also get a type of vitamin called vitamin D from sunlight. The absence of vitamin D causes a disease called **rickets**.

Food containing all these nutrients is called a **balanced diet**. After an adequate balanced meal we should take plenty of water, preferably six to eight glasses per day.

(b) Exercise

Exercise helps the body to maintain good health. The body therefore needs to be exercised regularly. Exercising through games, athletics and physical education is good because:

- i) It strengthens muscles and improves flexibility making movement easier.
- ii) It helps in developing good body posture. This helps muscles to hold the body in a natural position when one is standing, walking or sitting.
- iii) It burns body fat. Excess body fat may bring about heart disease.
- iv) Exercise trains or conditions the heart to beat regularly at a better pace and makes the heart stronger.
- v) It also helps to develop the lungs.

(c) Medical care

Regular medical checkup is helpful in identifying a problem that may be prevented. When one is sick, administration of drugs can cure the disease and if the disease is diagnosed in the early stages, it can be cured or managed much better. A good

example is HIV/AIDS. If the disease is diagnosed early enough, and the patient follows the instructions and takes medicine as prescribed by the doctor, the patient can live much longer. It is important to take medicine as instructed by the doctor.

To keep in good health, we should:

- i) Take medicine as recommended by the doctor.
- ii) Do not take medicine meant for another person even if you are suffering from a similar disease because you may not get enough dose or you may take overdose.
- iii) Do not prescribe medicine for ourselves.

Keep medicine away from children to avoid children from taking over dose or poisonous drugs.

(d) Sleep

Without sleep the body becomes tired and makes one unable to do anything of value. Sleep is necessary for good health because:

- It makes a tired body fresh again. After sleep, the energy in the body is regenerated. The muscles regenerate their strength and are ready to work again.
- A tired mind or brain refuses to take in new things, so sleeping makes the mind sharp and ready to learn again.

This table shows the recommended time for human beings to sleep.

Age (hours)	Sleeping period (hours)
1 – 2	16
2 – 5	14
6- 18	12
Adults	8

(e) Rest

After working all day or after playing, the body gets tired. The body must be allowed time to refresh. For good health we need to rest so that:

- The body may regain its strength. After rest, a tired body is ready for work again.
- The food that has been eaten is easily digested.
- The body is able to remove wastes which may affect its functionality.

The mind becomes refreshed.

Clean environment

Environment means all that is around us. When we are at school, our environment includes everything that is within the school compound.

Cleaning the school

The school should be kept clean and tidy. The parts of the school that should be cleaned are:

1. The compound

The paths in the compound must be swept, the flowerbeds weeded and the grass cut or trimmed. Rubbish collected should be disposed of either in a dustbin or in a rubbish or garbage pit in the school. The rubbish should be burned regularly so that it does not become a breeding ground for pests such as flies and rats. Wastes made up of plant materials can be used in making compost. Compost can be used in the flowerbeds or school gardens.

2. The classrooms

The floor needs to be swept then mopped or wiped with a wet piece of cloth to remove dust and parasites like fleas and jiggers. The windows need to be wiped to remove dirt and stains that prevent entry of light. The roof should be cleaned using a cobweb remover to get rid of cobwebs and organisms such as spiders, which may be harmful. Desks and chairs need to be wiped with a

damp piece of cloth to remove dust and dirt that may make books and clothes dirty.

3. Toilet, latrine and urinal

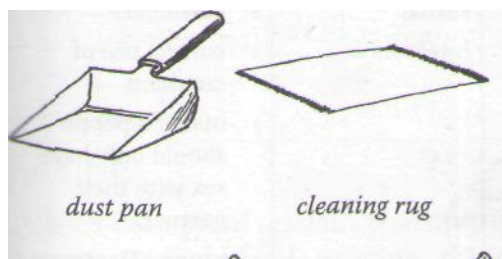
The latrines, toilets and urinals should be used properly. When using a latrine, the waste (faeces and urine) must be directed into the pit. If using a toilet, the waste must be directed into the bowl of the toilet. In the urinal, urine must be directed to the trench so that away. Do not dispose any solid substances in the urinal. We should not pass waste in the bush or on the road sides.

After using the toilet, one should also clean themselves well using toilet paper or water, to remove waste. A person should then wash his/her hands with dean water and soap after using the toilet. The toilets should be cleaned _sing soap, water and a brush. The brush is used to scrub the floor. It should then be rinsed with clean water. After _sing the latrines, the opening should be covered to keep flies away. The toilets, latrines and urinals must be kept very dean to keep away flies and bad smell.

TOOLS USED FOR CLEANING THE COMPOUND

- brooms
- twigs
- dust pan
- cleaning rug

The following equipment's can be used to keep the environment clean:



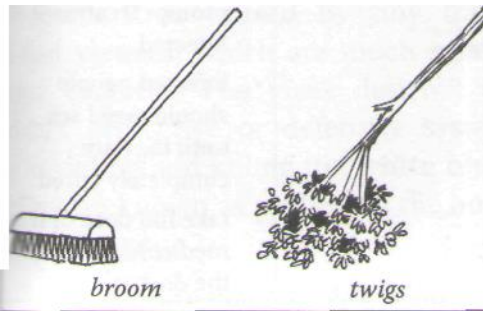


Fig. 2.1: Cleaning tools

- bucket
- mop