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**THE IMPORTANCE OF PERSONAL HYGIENE IN
MAINTAINING HUMAN HEALTH**

Abstract: This article discusses the importance of personal hygiene in maintaining human health.

Key words: health, personal hygiene, public health, medical literacy

Personal hygiene (individual) is a section of hygiene in which they study the issues of preserving and strengthening human health, observing hygiene rules and measures in personal life and activities, developing and conducting hygiene education activities, promoting hygiene knowledge and a healthy lifestyle in order to improve hygiene culture. It includes questions of the hygienic maintenance of the body (skin, hair, nails, teeth), shoes, clothing, housing, the rules of rational nutrition, hardening of the body and physical culture. At the same time, some issues of personal hygiene are also dealt with by sexology (personal hygiene of the genital organs, hygiene of sexual life) and occupational hygiene (personal hygiene of workers during work).

In a broader sense, personal hygiene is a human behavior aimed at the hygienic maintenance of the body (skin, hair, nails, teeth), shoes and clothes, housing, hardening of the body [3]. It is an integral part of a healthy lifestyle. Unlike public hygiene, the purpose of which is to improve the health of the entire population or the health of the population, personal hygiene is aimed at maintaining and strengthening the individual health of a person.

Public hygiene will not achieve its goal and will not be able to preserve the health of a person who will neglect the basics of personal hygiene (observance of the regime of work and rest, good sleep, rational nutrition, sufficient exposure to fresh air, keeping the skin, mouth, clothes clean,

hardening and physical culture, the absence of bad habits, such as smoking and alcohol abuse). Systematic inattention to the hygienic conditions of life worsens health and reduces performance.

At the same time, personal hygiene is inextricably linked with hygiene in general, including public hygiene. Thus, non-compliance with the requirements of personal hygiene in everyday life, especially by representatives of certain professions, has an adverse effect on the health of others (passive smoking, the emergence and spread of infectious diseases and helminthiasis, poisoning).

Oral hygiene is a means of preventing dental caries, gingivitis, periodontal disease, bad breath (halitosis) and other dental diseases. It includes both daily cleaning and professional cleaning performed by a dentist (oral sanitation).

Hygienic oral care is performed at least 2 times a day after meals (ideally after each meal, at least rinse the mouth). It is necessary to use a toothbrush with bristles suitable for stiffness and toothpaste (tooth powder). Brush your teeth with vertical brush strokes. It is advised to change the brush as it wears out, but at least every 3-4 months. Be sure to use dental floss to clean the sides of the teeth between them. The toothbrush must be individual. Other dental products are also used, such as mouth rinses, dental wipes, toothpicks.

As a prophylaxis for deodorizing the mouth after eating, removing food debris and normalizing pH, you can use chewing gum without sugar, for a greater effect, dentists recommend using medical or functional chewing gums with xylitol and functional additives. Rinse your mouth after every meal.

Human skin emits sweat and sebum, polluted with dust. Normally, harmless microorganisms, the natural human microflora, live on human skin. When contaminated, the skin loses its protective properties and pathogenic microorganisms begin to multiply on it, and sweat and sebum, decomposing, begin to exude odors. A considerable number of microorganisms accumulate under the nails. Therefore, it is recommended to take a daily hygienic shower, cut your nails regularly short. Through dirty hands, you can become infected

with intestinal infections and helminthiasis, in order to avoid this, it is imperative to wash your hands with soap after returning home from the street, after visiting the toilet, before eating. It is necessary to wash your feet daily before going to bed, followed by a thorough wiping them with a towel.

Hair washing is carried out at least 1-2 times a week. Shampoo is used to wash hair and head. Razors are used to shave body hair (machines, machines, etc.). Combs, shaving accessories must be individual.

Hygiene measures also include the use of protective gloves, clothing, footwear, creams to protect the skin from burns, frostbite, injuries (scratches, abrasions, bruises, splinters), aggressive chemical, poisonous and infectious substances.

Failure to follow the rules of personal hygiene of the genital organs can lead to diseases such as urethritis, cystitis, colpitis, bartholinitis, candidiasis - in girls and women, urethritis, balanitis, balanoposthitis - in boys and men. Due to the fact that the skin of the genital organs produces smegma and it accumulates, it is necessary to wash regularly. Washing of infants is performed after the act of defecation or urination. In order to avoid infection with sexually transmitted diseases, it is necessary to use only individual personal hygiene products (towel, washcloth, razors). After each act of defecation, it is necessary to remove the remnants of digested food with toilet paper, napkins, and then wash yourself.

Wiping and washing the external genital organs of girls, girls and women must be done from front to back, in order to avoid the introduction of infection (E. coli, etc.) from the anus to the vulva and vagina. Wash off daily with warm water. You should not often wash yourself with soap, as it leads to dryness of the vulvar mucosa and disruption of the normal microflora of the vagina, as it has an alkaline reaction. If it is impossible to wash away, wet (hygienic) wipes should be used, it is also desirable to use them after each act of urination. During

menstruation, appropriate personal hygiene items are used (sanitary napkin, gynecological tampon, menstrual cup).

Clothes and shoes protect a person from cold, snow, rain, excessive solar radiation, protect the skin from various pollution and harmful effects. Clothing should correspond to weather conditions, fit freely to the body, do not restrict movement, do not squeeze the skin. Fabrics made from natural fibers (cotton, linen, woolen) are preferable, as they are more breathable and vapor permeable, absorb sweat better. When choosing shoes, it is necessary to take into account the length and width of the foot, the circumference of the lower leg, since large sizes can lead to abrasions, and small ones to frostbite and deformities of the legs. Shoes must be individual. It is necessary to monitor the cleanliness of clothes, especially underwear and socks, wash or change them in a timely manner.

The dwelling should be ventilated at least once a day, wet cleaning should be carried out at least once a week. Structurally provided ventilation devices (holes, channels) must be in good working order, especially in rooms with high humidity (bathrooms, toilets, kitchens) and kitchens with gas stoves in order to avoid the development of mold and the accumulation of combustion products, as well as radon (can enter rooms on the upper floors with tap water and natural gas, and on the first floors and basements from the soil).

Harmful working conditions may include industrial noise, dust, aerosols, vapors of toxic substances, microorganisms, allergens, low and high temperatures, electromagnetic (microwave, laser) and ionizing radiation.

Despite the technical measures aimed at hygienic regulation of working conditions, it is sometimes impossible to completely eliminate the impact of harmful factors on workers in certain industries and professions. Therefore, individual protective equipment is additionally used and measures are prescribed to reduce such impacts.

So, for individual protection against dust (coal, asbestos, construction), masks and respirators, glasses, earplugs, thick work clothes, washing in showers are used. To protect against noise and vibration for personal protection, special rubber mats, gloves, earplugs, headphones, headsets are used. Require to comply with the regime (limitation of contact time or exposure to a harmful factor).

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