



# Maintenance of Hygiene and Public Health

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## DESCRIPTION

"Hygiene" refers to the conditions or practices by which people maintain or promote their health by keeping themselves and those around them clean. In today's society, good hygiene practices continue to be a major disease prevention strategy. Hygiene is one of the important concepts of public health. Mental health, occupational hygiene, oral hygiene, voice hygiene, respiratory hygiene. Preventive medicine and maintaining health is wide enough to include concepts such as exercise and nutrition. However, the original and still generally understood usage is associated with preventing the spread of infection. General interest in SARS (Severe Acute Respiratory Syndrome) and current efforts to identify community practices for responding to bird flu outbreaks or influenza pandemics have led to a hygienic approach. Hand hygiene, home cleaning, and food safety are the main focus of hygiene interventions in the home and society. Consistent recommendations are to wash your hands frequently with soap and warm water, or use an alcohol-based gel disinfectant if running water is not available. A person should wash hands before eating, preparing meals, using the toilet, changing diapers, or having similar exposures, and after playing or feeding their pet. Hand hygiene after contact with potentially infected pathogens or infected people is also appropriate. It is advisable to consistently clean the area with detergent, especially for objects that come into contact frequently. Respiratory hygiene or respiratory etiquette is another topical message for potentially infected individuals. However, accompanying the message of hand hygiene should be a strategy for limiting skin damage, especially recommendations for consistent use of lotions to maintain skin integrity. At this time, daily use of antibacterial soap at home or in the community is not recommended. In environments where running water is not available, an alcohol-based gel hand sanitizer can be used to facilitate hand washing. Standard kitchen practices for safe food cooking, including hand hygiene and environmental

cleaning, should be promoted. Regular environmental cleaning is an important practice, but there is no evidence to support the consistent use of antibacterial products for home cleaning.

"Hygienic barriers" give us the freedom to live our lives without the disability of debilitating illnesses and the tragedy of premature death. This is a direct result of the innovations brought about by the health and hygiene revolution. Through the combined benefits of improved food and water quality, home and personal cleaning practices, the hygienic quality of our environment significantly reduces daily exposure to pathogenic microorganisms. This reduction in exposure to pathogens leads to a dramatic reduction in infections and premature death. As with most social breakthroughs, many in developed countries accept a reduced incidence of illness as a standard, and outbreaks that were previously accepted as part of an unavoidable life are urgent. Interventions that are considered as a public health crisis that requires serious action. As exposure to pathogens and diseases has decreased, susceptibility to many disease-causing organisms has increased. Therefore, it is important to always look for ways to improve and maintain high levels of hygiene. The barriers posed by advances in hygiene and medical care are not perfect and can easily be compromised. Infectious diseases are still a part of everyday life, even in developed countries with high public health standards. Exposure to pathogenic microorganisms can result from contact with infected persons, consumption of contaminated food or water, contact with contaminated objects or surfaces, or poor personal hygiene practices, all of which break the barrier. Understanding and implementing proper hygiene cleaning at home can reduce the risk of illness by maintaining a "hygiene barrier" that reduces these stresses. Practical knowledge of when and where to clean or use an antibacterial product is just as important as which product to buy and how to use it for best results.

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