

## Personal Hygiene

Personal Hygiene is the principle of maintaining cleanliness and grooming of the body. It can also be defined as preserving individual and community health in all dimensions.

### Why is hygiene important?

- Good personal hygiene can help prevent you or someone else from getting sick.
  - This can be especially important on college campuses because students travel throughout buildings exposing other students and exposing themselves to germs.
- Starting college can affect not only your physical health, but you mental health as well. Practicing good hygiene can go a long way in protecting yourself and others from becoming ill during what can already be a stressful time.

### Personal hygiene tips

- Wash your hands often because you don't know where other's hands have been.
- Keep your body clean. It is recommended to bathe/shower daily.
- Wash your hair at least twice a week.
- Brush your teeth at least twice a day, and floss at least once a day.
- Wear deodorant.
- Change your clothes regularly.
- Cough or sneeze into a tissue, your elbow, or shoulder.

### Hygiene in the Residence halls

- Clean areas that are used often such as:
  - Doorknobs
  - Desk
  - Sink
  - Shower or tub
  - Toilet
  - Refrigerator
  - Microwave
  - Furniture
  - The floor
  - Computer keyboard
- Do your laundry on a regular basis.
- Clean and change your bedding routinely.
- Wear shower shoes or flip flops in the shower. This is especially important in shared shower areas.
- Throw old food out, this could attract rodents and insects which can carry germs.

### Consequences of Poor Hygiene

Poor personal hygiene can lead to minor issues such as foul body odor, oily skin, acne, and cavities. It can also lead to more troublesome or even serious issues such as illness, infection, and heart disease. Poor personal hygiene can also affect your self-esteem.

### Questions?

If you have questions or need help with your hygiene practices, please feel free to contact the Health and Wellness Center.

Additional Information: \_\_\_\_\_

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