The Role of Hygiene in Disease Prevention

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Hygiene: Hygiene is the science that deals with the promotion and preservation of health by reducing harmful levels of germs through cleanliness and sterilization.
Hadith:

- Cleanliness is half of Iman (Sahih Muslim)
- Allah is Pure and He loves purity
- The noble soul can reside only in a clean body. Only by
The two most common hygiene practices are:

- Hand washing and food preparation areas with soap,
- Cooking food and boiling drinking water.
- Washing hands: Islam obligated ablution before offering prayer more than
Washing Hands:

Islam obligated ablution before offering prayer more than 1400 years ago which shows us how to be protected from infectious diseases by a thorough washing of the exposed body parts five times a day.

Islam is the only religion that requires its believers to
Holy Quran States:
Brushing teeth:

The Holy Prophet SAW said “Did I not apprehend that it would be burdensome on people, I would prescribe brushing of teeth before every Prayer” He said brushing teeth purifies the mouth and is agreeable to the Lord.
The understanding of hygiene and how it helps to prevent disease is fairly recent.

In 1800’s it was thought bathing could make you ill.

In times of Queen Elizabeth 1 people who bathed once a month were thought really clean!!!

Bathing became more popular during the outbreak of the Black Plague **

However, in Islam personal hygiene - wudu 5 times a day and “miswak” -- was introduced hundreds of years ago.

Ignaz Semmelweis
History of Hygiene
Hygiene

- Washing with soap - removes oils/ breaks up dirt particles
- Cooking food/Boiling - kills organisms - that cannot be removed by washing.
- Prevent diseases caused by viruses, bacteria, and parasites. E.g: Most intestinal parasites are transmitted by contact with feces from an infected person or pet.
Wash Your Hands
When to wash hands?

- Before/after meal or preparing food
- Before/after caring for someone who is sick
- Before/after treating a wound
- After using the toilet
- After changing diapers/cleaning a child /changing diapers
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or waste
- After touching garbage
Right way to wash hands:

- **Wet** hands with clean, running water (warm or cold), turn off the tap, and apply soap.

- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

- **Scrub** hands for at least 20 seconds.

- **Rinse** hands well under clean, running water.

- **Dry** hands using a clean towel or air dry.
Hand washing

After returning from school, work,
Do not get into habit of touching face, mouth
Cover your cough or sneeze with elbow technique
PREVENTION IS BETTER THAN CURE
Employees Must Wash Hands
Handle Food Carefully
Clean Water
Keepin it cool
Oldy & Moldy
Breathing clean air:

- Avoid smoky, dusty, musty environments,
- Confined places where people are coughing or sneezing.
No More Bugs!
Shine Bright Like A Diamond
Oral Hygiene:

Brush and floss your teeth every day before going to bed to prevent gum diseases and dental decay.
Cooking Meat:

Cook meats and seafood. Cooking to a temperature of 180°F (82°C) will kill disease-causing organisms.

Use a meat thermometer when cooking roasts or whole turkeys to be sure food is cooked to a safe temperature.
Wash Vegetables and Fruit:

- Vegetables that are eaten raw - carrots, lettuce, tomatoes, etc., should be washed thoroughly.
- Vinegar in some salad dressings will also kill many types of bacteria.
- Wash fruits that are cut, such as melons, to avoid transferring any dirt or contamination from the outside of the fruit to the inside during cutting.
Some important practices

- Avoid swimming in water contaminated by feces.
- Hookworm and schistosomiasis infections start when the larvae penetrate the skin.
- Can get parasites from pets.
Some important practices

- Avoid walking barefoot in public areas e.g.
- Close contact with an infected individual.
- Avoid touching sores, feces, body fluids from a sick person.
Preventable disease:

- **Viral**: Common cold caused by Rhinovirus
- **Influenza virus... Enterovirus D-68 throughout America**, flu shots in flu season.
- **Hepatitis** (inflammation of the liver, jaundice)
Keep Your Child from Getting and Spreading ENTEROVIRUS D68

- Avoid close contact with sick people
- Cover your coughs & sneezes
- Wash your hands often with soap & water
- Clean & disinfect surfaces
- Avoid touching your face with unwashed hands
- Stay home when you’re sick

www.cdc.gov/non-polio-enterovirus/EV68/
Ebola Virus

- No FDA approved vaccine to prevent Ebola – Avoid travel to these areas
- Practice careful hygiene – wash hands with soap and water or alcohol-based hand sanitizer and avoid contact with blood and body fluids.
- Do not handle items that may have come in contact with an infected person’s blood or body fluids (such as clothes, bedding, needles, and medical equipment).
- Avoid contact with bats/non human primates or blood, fluids, and raw meat prepared from these animals.
- Avoid hospitals in West Africa where Ebola patients are being treated.
- After you return, monitor your health for 21 days and seek medical care immediately if you develop symptoms
- Health care workers prevent infection by - wearing masks, gloves, and goggles when contact with people who may have Ebola.
Preventable Bacterial Infections:

- E.Coli
- Salmonella food poisoning
- KEEP RAW FOODS SEPARATE!!
- Meat should be heated to 160F
Cholera:

- Wash hands often with soap and water.
- Cook food well (especially seafood), eat it hot, keep it covered, and peel fruits and vegetables.
Parasites

- Hookworm
- Tapeworm
- Round worm (ascaris)
¿QUESTIONS?

Thank You For Your Time