

Healthy Living Tips

Caree Hygiene

As the body becomes older and more fragile so does the skin, hair, and nails. Keeping your caree's hygiene well maintained when facing certain medical conditions can be challenging.

Here are a few ways to ease the process.

Hygiene is defined conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness. Although some hygiene practices may seem like common sense, they are a part of what helps us stay well ([Healthline](#)).

Hygiene may seem obvious, but it is not always followed by many. There are numerous different types of hygiene:

- Hand Washing Hygiene
 - Be sure to wash your hands after you use the restroom when coming in from outside, before handling food, if you handle garbage, when you sneeze, any time you touch an animal, etc. Wash your hands with soap for about 20 to 30 seconds, and be sure to clean between your fingers, on the back of your hands, and under your nails. It helps to find a 20-30 second excerpt from a song to help the time pass. Rinse with warm water and dry with a clean towel. If water or soap, a hand sanitizer with at least 60% alcohol will also work.
- Bath and Shower Hygiene
 - The frequency in which one bathes is based on personal preference. The average person showers every day or every other day. benefit from a shower at least every other day. Showering with soap helps rinse away dead skin cells, bacteria, and oils. Shampooing your hair and scalp helps remove skin buildup and protects against oily residues that can irritate your skin.
- Nail hygiene
 - Be sure to thoroughly wash your hands to keep your nails clean. Trim your nails regularly to keep them short and clean. This helps with reducing the spread of bacteria, germs, and causing illnesses. Brush under them with a nail brush or washcloth to rinse away buildup, dirt, and germs. You should also avoid biting your nails.
- Teeth hygiene
 - Good dental hygiene is about caring for your teeth and gums to prevent gum diseases and cavities. Brush at least twice a day for 2 minutes; after you wake up, before bed, and after every meal, if possible. Floss daily and ask your dentist about using an antibacterial mouthwash. Caring for your teeth helps prevent tooth decay and eliminates pockets where bacteria and germs can build up.
- Sickness hygiene
 - If you are not feeling well, you should take steps to keep from spreading germs to others. This includes covering your mouth and nose when sneezing, wiping down shared surfaces with an antibacterial wipe, and not sharing any utensils or electronics. Also, immediately throw away any soiled tissues.

Side Effects of Poor Personal Hygiene

- Poor hygiene habits can also affect your self-esteem
- Poor oral health can lead to heart disease
- Poor hand hygiene can cause the spread of disease