

# Hygiene

A diet which contains all the nutrients in correct proportions is called a **balanced diet**.

Proper quality (i.e., having all the nutrients) and quantity of food is very important for proper health, growth, and functioning of our body.

Thus, a balanced diet should not have too much or too little of any nutrient. It should include all the nutrients in the required quantity.

**Personal hygiene:** It includes

- Bathing regularly to remove sweat and dirt
- Washing hands before eating
- Keeping finger nails trim and clean
- Rinsing or brushing teeth after every meal
- Washing eyes with cold, clean water
- Wearing clean undergarments

- **Community Hygiene**

A number of steps have to be taken to ensure effective social hygiene. Some of them are:

- Providing clean drinking water
- Proper waste disposal and providing proper sanitation
- Control of communicable diseases by providing vaccination, medical aid, and medicines
- Prevention of air and water pollution
- Providing health education at community level

- Providing family welfare education

## **Contamination of Water**

Water is considered to be contaminated when it contains a substance, which may be hazardous to living organisms and is no longer fit for drinking.

When water contains no bacteria or other polluting chemicals, it is said to be unpolluted water.

## **Characteristic of safe and clean water**

Water is considered to be safe only when it has the following characteristics.

- It is transparent (colourless) and odourless.
- It contains sufficient amount of dissolved oxygen.
- It is free from harmful chemicals.
- It is free from pathogens.

## **Sources of Water Contamination**

Water gets contaminated by

- industrial wastes
- excessive use of fertilisers and pesticides
- oil discharge from ships
- radioactive wastes

## **Water Borne Diseases**

Some of the common water borne diseases, which spread through contaminated water are:

- Cholera
- Typhoid
- Diarrhoea

○ Jaundice

○ Hepatitis

Disease Name	Causal Organism	Symptoms	Preventive Measures
Cholera	<i>Vibrio cholerae</i>	Diarrhoea, vomiting, very less urination	Drinking safe, boiled water; keeping food safe from getting contaminated by flies
Dysentery	Bacillary dysentery: <i>Shigella</i> Amoebic dysentery: <i>Entamoeba histolytica</i>	Loose motions, mild fever and intestinal pain	Drinking safe, boiled water; keeping food safe from getting contaminated by flies
Hepatitis A	Hepatitis A Virus	Body ache, enlarged liver, yellowish eyes and deep yellow urine	Hepatitis vaccine and proper hygiene

### Some Common Vectors of Diseases and Their Control

Vectors	Diseases Spread By Them	Control Measures
Housefly	Dysentery, cholera, typhoid, etc	<ul style="list-style-type: none"> <li>• Maintain personal and public hygiene</li> <li>• Spray insecticides at households, offices and other public places</li> <li>• Keep the foodstuffs covered at all times</li> </ul>
Mosquitoes	Malaria, elephantiasis, dengue, etc	<ul style="list-style-type: none"> <li>• Destroy the breeding place of mosquitoes in and around the houses</li> <li>• Spray dwelling places of mosquitoes with insecticides</li> <li>• Kill mosquito larvae and pupae either by pouring kerosene oil over the stagnant water surface or by using biological controls (for example, using <i>Gambusia</i> fish)</li> </ul>
Cockroaches	Cholera,	<ul style="list-style-type: none"> <li>• Maintain proper hygiene in and around the houses</li> </ul>

	diarrhoea, typhoid, polio, etc	<ul style="list-style-type: none"> <li>• Spray insecticides to kill cockroaches</li> </ul>
Rats	Plague	<ul style="list-style-type: none"> <li>• Capture rats through rat traps and dispose off at far away places</li> <li>• Kill them through raticides</li> </ul>