

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

Hygiene:

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:

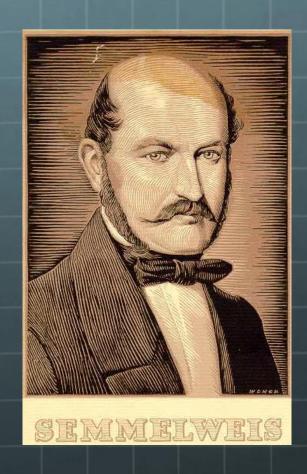
Brushing teeth:

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.

History of Hygiene

- 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















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