


# The Role of Hygiene in Disease Prevention

Ghalia Hanif

# 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



**Avoid close contact with sick people**



**Wash your hands often  
with soap & water**



**Cover your coughs  
& sneezes**



**Avoid touching your face  
with unwashed hands**



**Clean & disinfect surfaces**



**Stay home when you're sick**







[www.cdc.gov/non-polio-enterovirus/EV68/](http://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**