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hygiene refers to behaviors that can improve cleanliness and lead to good health a few examples of hygiene can include how you care for your body how you care for your baby or how you care for your home environment to stay fresh and clean good personal hygiene is important for physical and mental health in this article learn about different aspects of personal hygiene and its benefits hygiene is a practice related to lifestyle cleanliness health and medicine in medicine and everyday life hygiene practices are preventive measures that reduce the incidence and spread of germs leading to disease hygiene practices vary from one culture to another managing your personal hygiene is important not only to look and smell your best on a daily basis but also to prevent the onset and spread of infectious diseases taking the proper precautions can help you avoid getting sick and passing illnesses on to those around you key points good hygiene is essential for preventing diseases and illnesses as regular cleanliness practices can eliminate harmful bacteria and viruses maintaining good hygiene is important for social and professional acceptance as it can influence relationships and job opportunities takeaway what is personal hygiene personal hygiene is how you care for your body this practice includes bathing washing your hands brushing your teeth and more every day you come into good hygiene is critical for preventing the spread of infectious diseases and helping children lead long healthy lives it also prevents them from missing school resulting in better learning outcomes for families good hygiene means avoiding illness and spending less on health care safe drinking water sanitation and hygiene wash are crucial to human health and well being safe wash is not only a prerequisite to health but contributes to livelihoods school attendance and dignity and helps to create resilient communities living in healthy environments practice good hygiene by covering your coughs and sneezes washing or sanitizing your hands often and cleaning frequently touched surfaces how it works covering your coughs and sneezes limits the spread of germs to protect others at least 10 of the world s population is thought to consume food irrigated by wastewater poor sanitation reduces human well being social and economic development due to impacts such as anxiety risk of sexual assault and lost opportunities for education and work hygiene the science of preserving health the subject embraces all agencies affecting the physical and mental well being of humans it involves in its personal aspect consideration of diet and consumption of water and other beverages clothing work exercise and sleep personal cleanliness and mental health the meaning of hygienic is of or relating to hygiene how to use hygienic in a sentence hygiene is the practices we adopt in our homes and everyday lives to protect ourselves our families and our friends and colleague from infectious diseases parents and caretakers play an important role in teaching children to wash their hands handwashing can become a lifelong healthy habit if you start teaching it at an early age teach kids the five easy steps for handwashing wet lather scrub rinse and dry and the key times to wash hands such as after using the bathroom or before eating adjective us haɪ'dʒen ɪk uk haɪ'dʒiː nɪk add to word list c2 clean especially in order to prevent disease it isn t hygienic to let animals sit on the dining table fewer examples

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