PERSONAL HYGIENE

CLEANING ACADEMY: OF GERMES AND BACTERIA
WHEN WE ARE DIRTY OUR BODY BECOMES THE IDEAL LAND FOR MICROBES DEVELOPMENT

FACTORS THAT FAVOR THE MICROBIAL MULTIPLICATION: DUST, SWEAT, SECRETIONS AND HEAT
BODY HYGIENE

THE MONKEYS DELOUSE EACH OTHER TO ELIMINATE THE PARASITES

THE BIRDS KEEP THEIR FEATHERS CLEAN IN ORDER TO FLY BETTER
SKIN

is the outer tissue covering our body with three main functions: protection, regulation, and sensation.
HOW TO TAKE CARE OF YOUR SKIN

A DAILY CLEAN IS IMPORTANT:
- Shower
- Face
- Hands (more than once a day)
WHAT WE DO WITH OUR HANDS?
WHY WE HAVE TO WASH OUR HANDS

In a cm$^2$ of our skin there can be more than 1000 bacteria, and they can survive up to 3 hours.

Dirty hands are the main cause of recurrent stomach ache, intestinal worms and painful bubbles in the mouth.
How to Wash Your Hands?

1. Wet your hands under running water
2. Apply soap and rub palms together to ensure complete coverage
3. Spread the lather over the back of hands
4. Make sure soap gets in between your fingers
5. Grip the fingers on each hand
6. Pay particular attention to the thumbs
7. Press fingertips into the palm of each hand
8. Dry your hands thoroughly with a clean towel
Washy Washy Clean
PAY ATTENTION TO....
...NAILS?

CUT THEM

DO NOT EAT THEM

THE NAILS SHOULD BE SHORT CUT
UNDER THE NAILS DIRT AND GERMS ACCUMULATES
HAIRS

YOU NEED TO COMB AND BRUSH YOUR HAIR MORNING AND EVENING

WASH YOUR HAIR AT LEAST ONCE A WEEK AND EVERY TIME YOU PRACTICE SPORTS

Lice can live 2 months and cause severe itching ...
Pediculosis

Pidocchio

Uova di pidocchi (lendini)
The teeth are very hard, but if we do not wash them often and well, cavities and plaque appear.

**What are cavities and plaque?**

They are the main enemies of the teeth, because they "weaken" them and are often the cause of their fall.

If we do not remove food residues properly from the mouth, teeth and gums on a daily basis, the bacteria multiply and "attack" our teeth to create dark holes, called caries.
WHAT TO DO AGAINST THE PLATE AND CAVITIES?

BRUSH (soft bristles with small head)

TOOTHPASTE

The tablets highlight the bacterial plaque not removed with the red color
• Breath
• Heat the air that enters in our lungs, and thanks to the skin we filter it, blocking dust and bacteria
• Smelling flowers and more ...
we have to remove the excess earwax because it can cause real "plugs" that can hurt our ears or hear the muffled sounds

How to maintain your ears clean

• Move the jaw
• After having taken a bath, "screw" the corner of a towel and introduce it into the ear by turning it over: all the water that has entered it will be removed, and with it the excess wax
WIND, DUST and DIRTY HANDS are the main cause of:

Red eyes

Itch

Dryness

Swelling

Ache

HOW TO TAKE CARE OF YOUR EYES

Always wash your hands before scrubbing them

Use refreshing drops

Clean with mild detergents
Bacteria and fungi reproduce easily on dirty and sweaty clothes... In the evening, therefore, we put our dirty clothes in the laundry basket!

PERSONAL CARE

Change your panties every day: before you wear them, of course, we have to wash ourselves

• do not wear tight panties
• do not keep the wet suit for a long time
• wash after being at sea or in the pool, to remove sand, salt and chlorine
• always use a personal towel
LE 10 REGOLE D’ORO DELL’IGIENE PERSONALE

1. Take a bath or a shower once a day
2. Wash your hands well and often
3. Cut and keep the nails clean
4. Wash and comb often the hair
5. Keep your nose, eyes and ears clean
6. Perform a thorough oral hygiene
7. Perform proper personal hygiene daily
8. Wash and dry the spaces between finger and finger
9. Wash and dry your underarms thoroughly, especially after sports
10. Change every day
And now...

at the Microscope
WHAT OUR PHONE HIDES ...
S**TREPTOCOCCO**
IN OUR MOUTH...
... IN THE NOSE
IN THE GUT
OUR LITTLE FRIEND...
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