

Healthy Living

SAS Clinic

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Open 24 Hours

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Hygiene

PART ONE: PERSONAL HYGIENE

Hygiene refers to the practices and conditions that preserve and promote health. It has several levels including Personal hygiene, Food hygiene and Environmental hygiene.



Importance of hygiene

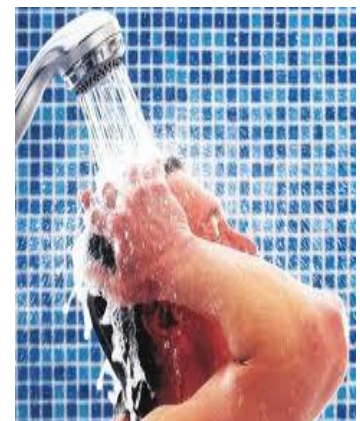
Proper hygiene has many benefits.

- It protects from acquisition of infections and stops their transmission.
- It beautifies the body and prevents development of imperfections
- Enhances ones social life by eliminating potentially embarrassing situations
- Gives a psychological boost to ones self-esteem and confidence

Many serious outbreaks of dangerous diseases like cholera, diarrhea and acute respiratory infections are a direct consequence of poor or inadequate hygiene. Proper hygiene not only promotes health, but is a prerequisite for a vibrant social life and peace of mind.

Personal hygiene

This is the practice of keeping all the different parts of the body clean and well groomed in order to promote bodily health and well being, and to prevent sickness and disease. Special care and attention should be given to the different parts of the body.



Services available

- 24 Hour Clinic
- 24 Hour Laboratory
- 24 Hour CT-Scan
- 24 Hour X-ray
- 24 Hour Ultrasound
- Hitech 3D/4D Ultrasound
- Resting ECG
- Stress ECG
- Holter Monitoring
- Echo
- Doppler Studies
- Theatre & Surgery
- Dental
- Physiotherapy
- Counseling
- Inpatient /Admissions
- Antenatal care
- General Doctors
- Specialist Doctors

1. Skin hygiene

The skin is the largest external organ of the body and, besides producing sweat that helps to keep us cool, it comes into contact with dust and germs in the environment. To prevent development of infections and bad body odour, a good thorough bath with water, soap and scrub, at least twice a day is highly recommended. This is probably the most important aspect of personal hygiene.

2. Hand hygiene

Our hands come into contact with many objects and surfaces that carry numerous germs. Effective hand hygiene involves washing the hands with water and soap or using a waterless hand sanitizer such as an alcohol hand gel. Hands must be washed with soap after visiting the toilet, before and after preparing, serving or eating food. Soap and water should cover the area in between the fingers, nails and back of the hand. Proper hand washing with soap is a proven way of checking the spread of infections.



Hand Washing Steps

(1) Wet your hands (2) Apply soap (3) Lather & scrub (4) Rinse (5) Turn off tap (6) Dry with clean or disposable towel. Do not forget to wash in between your fingers, under the nails, & top of your hands

3. Finger Nails hygiene

Keep nails short for easy cleaning. Grow nails only if you can keep them clean. Clip nails along their shape but do not cut them too close to the skin.



4. Foot hygiene

- Give your feet a good scrub whenever you bath and dry them after especially in between the toes
- Wear a clean pair of cotton socks everyday and avoid wearing the same pair of shoes consecutively.
- Avoid prolonged wearing of shoes, especially those of synthetic material as this increases the risk of developing athlete's foot – a fungal infection of the feet
- Wear shoes that are ventilated or made of natural leather to allow evaporation and absorption



Specialists at SAS

Family Physician

Physician

Paediatrician

OB/GYN

ENT

Dentist

Cardiologist

Surgeon

Orthopedic Surgeon

Neurosurgeon

Psychiatrist

Counseling Psychologist

- Avoid tight shoes and prolonged use of high heels. Wear properly fitting and comfortable shoes
- Take shoes off when you can to allow you feet to relax and dry out. Spend time in bare feet or open shoes whenever it is safe to do so
- Do not walk barefooted in damp or dusty places to avoid the risk of contracting infections
- See a doctor immediately if you develop Athlete's foot or any other infections of the feet
- Avoid sharing socks, shoes, and towels to reduce the likelihood of catching or transmitting fungal infections from or to others

5. Toenails hygiene

Toenails protect the ends of the toes and improve appearance of the feet.

- Keep them short and well trimmed. Trimming should be done straight across the nail
- Give them a good gentle scrub whenever you bath
- See doctor immediately if you develop ingrown toe nails or a fungal infection in your toenails

6. Hair and Scalp Hygiene

- Wash hair and scalp with mild soap or shampoo at least once a week. Oily hair may require more frequent washing. Rinse and dry well after each wash
- Brush or comb using soft bristled brush or toothed comb. Keep hair brushes and combs clean.
- Oil scalp at least once a week. Very dry hair may require more frequent oiling
- See a doctor if you have fungal infections on the scalp or persistent dandruff

SAS Radiology department operates 24 hours a day



24 Hour X-ray Services



24 Hour
Ultrasound



24 Hour 3D - 4 Slice CT-Scan



VISION

Satisfying the community's health care needs through affordable and accessible services with applied academic excellence

MISSION

At SAS, your family's health is our top priority. We promise to be sensitive to your needs, and strive to provide you with timely care, using the best professional medical practices.

CORE VALUES

Integrity, Innovativeness, Image

Teamwork, Timeliness

Care, Perseverance

7. Oral Hygiene

Keeping the oral cavity clean will help prevent tooth decay, gum disease and bad breath. Observe the following oral hygiene tips:

- Brush at least twice a day to prevent the build up of deposits that cause tooth decay and bad breath. Do not forget to brush the tongue
- Change your toothbrush every three months so that it is effective in removing deposits
- Floss in between the teeth to get rid of any stuck debris
- Avoid sugary foods and drinks as they promote tooth decay
- Drink enough water to keep your mouth from drying up
- Get an annual dental check-up from your dentist
- See a dentist immediately if you have any problems with your teeth or suffer from chronic bad breath.

8. Ear Hygiene

- Wash the outer ear with soap and water during your daily bath
- NEVER attempt to clean the inside of your ear or to remove wax using sharp objects. The ear has a natural mechanism for keeping the inner ear clean and free of wax. However, if the wax accumulates and plugs the ears, then see a doctor immediately who will have it safely removed using eardrops and, if necessary, ear-syringing procedure.
- See a doctor immediately if you have any pains and aches inside your ears.

9. Eye Hygiene

- Keep your hands and face clean by washing with soap and water
- Eye-make up should be removed daily. Avoid sharing make-up kits
- Get an eye exam at least once every two years
- In case you need glasses, make sure they are the right power
- Wear adequate eye protectors when in bright sunshine or light or when working with dangerous chemicals and sparks

10. Nasal Hygiene

- In case of a blocked nose due to flu or cold, blow your nose in disposable tissue and not in a hankie. Tissue should be disposed of in a dustbin, and hands washed with soap and water.
- Cover your nose with hankie when sneezing.
- Use disposable tissue to clean your nose. Do not pick your nose with the fingers.

11. Genital Hygiene

The genitalia are very prone to infections and keeping them clean is very important in prevention of bacterial and fungal infections.

Tips for women

- Clean the external parts with mild soap and water using single front to back movements.
- Do not clean inside the vagina as this interferes with its natural pH balance. Under normal circumstances, the vagina has its own natural mechanism of keeping its inside clean.

Tips for men

- During bathing, wash the entire external genital area thoroughly with soap and water.
- Uncircumcised men should gently pull back the foreskin to ensure the head of the penis is also thoroughly washed
- Do not try to clean inside the urethra

General Tips

- Keep pubic hair well trimmed
- Use clean fresh underwear everyday
- Seek medical advice if you have an abnormal discharge, itching or irritation. Note that a clear odourless discharge from the vagina is normal.

12. Laundry Hygiene

Keeping clothing and household linens clean is a very important aspect of personal hygiene. Dirty and contaminated clothes are very effective at storing and transmitting infections. Laundry hygiene refers to those practices that prevent or minimize contamination of clothes with diseases, or curtail the spread of infections through dirty and contaminated clothes.

Observe the following regarding:

- Use clean fresh clothes everyday especially the undergarments which are easily soiled due to very close contact with the skin.
- Wash used clothes and linen properly with adequate amounts of water and soap as per care instructions for the fabric
- If using a washing machine, washing at 60°C and above will kill off most pathogens
- Dry clothes in well aired environment. Do not try to dry clothes in damp and humid conditions.
- If required, Iron dry clothes and store in cool dry environment
- Avoid sharing garments to minimize the risk of catching or transmitting infections.
- Do not mix dirty and clean clothes

Disclaimer

This publication is not intended to be a substitute for sound advice from professional medical practitioners. Seek medical advice from qualified medical professionals for proper management of all your health and medical needs