

PERSONAL HYGIENE AND PREVENTION OF INFECTIOUS DISEASES

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Abstract: This article covers the theoretical foundations of personal hygiene, its purpose, tasks, and role in maintaining human health and preventing diseases. In addition, the formation of hygienic habits, the need to instill them from childhood, and the formation of cultures of cleanliness, hand washing, prevention of various viral infections: influenza, COVID-19, and other infectious diseases transmitted by airborne droplets in children are also discussed. The article examines the physiological, psychological, and social benefits of observing personal hygiene rules. In particular, the fact that infectious diseases can be spread by microbes, viruses, and parasites, the effectiveness of their prevention measures, and the importance of preventive vaccination are explained on a scientific basis. In addition, the importance of personal hygiene in forming a healthy lifestyle is also substantiated.

Key Words: Personal hygiene, COVID-19, Infectious diseases, prevention, Vaccination, viral bacterial infections, Flu, Quarantine.

Annotatsiya: Ushbu maqola orqali shaxsiy gigiyena fanining nazariy asoslari, uning maqsadi vazifalari, hamda inson salomatligini saqlash va kasalliklarni oldini olishdagi o'rni yoritilgan. Bundan tashqari, gigiyenik odatlarni shakllanishi ularni bolalikdan boshlab singdirish zaruriyati hamda tozalikka amal qilish, qo'l yuvish, madaniyatlarini shakllantirish, teri, soch, og'iz gigiyenalari va tishlarni parvarish qilish, turli xil virusli infeksiyali: gripp, COVID-19 kabi kasalliklarni yuqishi va oldini olish profilaktikasi kabi masalalar, bolalarda havo tomchi orqali yuquvchi yuqumli kasalliklar ham muhokama qilinadi. Maqolada shaxsiy gigiyena qoidalarga rioya etishning fiziologik, psixologik va ijtimoiy foydalari ko'rib chiqiladi. Xususan, yuqumli kasalliklar, mikroblar, viruslar, bakteriyalar va parazitlar orqali tarqalishi mumkinligini, ularni oldini olishni choralarini va profilaktikasi ilmiy asosda tushuntirilgan. Qolaversa sog'lom turmush tarzini shakllantirishda shaxsiy gigiyenaning ahamiyati ham asoslab berilgan.

Kalit So'zlar: Shaxsiy gigiyena, COVID-19, yuqumli kasalliklar, Profilaktika, Emlash, Virusli bakteriyali infeksiyalar, Gripp, Karantin.

Аннотация: В данной статье рассматриваются теоретические основы личной гигиены, ее цель, задачи и роль в поддержании здоровья человека и профилактике заболеваний. Кроме того, обсуждаются вопросы формирования гигиенических привычек, необходимости их привития с детства, а также формирования культуры чистоты, мытья рук, профилактики различных вирусных инфекций: гриппа, COVID-19 и других инфекционных заболеваний, передающихся воздушно-капельным путем у детей. В статье рассматриваются физиологические, психологические и социальные преимущества соблюдения правил личной гигиены. В частности, на научной основе объясняется тот факт, что инфекционные заболевания могут распространяться микробами, вирусами и паразитами, эффективность мер по их профилактике и важность

профилактической вакцинации. Также обосновывается важность личной гигиены в формировании здорового образа жизни.

RELEVANCE OF THE TOPIC: Viral infections, such as influenza and COVID-19, are among the most important and pressing problems of modern medicine. Viral infections have their own patterns, which can cause infectious diseases to become epidemics over time, or the emergence of new infectious diseases on the verge of eradicating certain diseases. The prevalence of COVID-19 and influenza among the population is chronic and acute, increasing the population's demand for medical services. Infectious diseases worldwide according to the World Health Organization 30-40 percent is caused by non-compliance with cleanliness. According to studies, about 50% of children aged 10-15 do not follow the rules of personal hygiene. This suggests the need to shape hygienic culture. Compliance with the rules of personal hygiene can reduce respiratory infections by 20-25 percent. Improving clean drinking and sanitary conditions will reduce DIYAREAN diseases by up to 60 percent. Therefore, the correct implementation of personal hygiene increasing knowledge and skills among the population remains one of the pressing issues.

Introduction: human health is one of the main factors that determine its quality of life and happiness. Raising a healthy generation, Adherence to personal hygiene rules is of great importance in strengthening their physical and mental health. Personal hygiene is a branch of hygiene that develops issues of human health and well-being through a hygiene regimen that must be followed in personal life and work. It is also a set of rules aimed at maintaining human health, preventing diseases, and properly organizing work and rest processes. In addition, simple hygiene habits: hand washing, keeping clothes clean, oral and dental care, and body Practices such as cleanliness are important in maintaining human health, especially in preventing infectious diseases. Forming a culture of personal hygiene from a young age and making it a part of daily life is one of the necessary conditions for a healthy and active life for every person.

BODY: Personal hygiene is a set of simple but effective measures that every person takes in their daily life, and is one of the most important tools for maintaining human health and preventing infectious diseases. Today, the changing environment, the acceleration of lifestyle, and the diversity of food products require us to pay more attention to personal hygiene. Simple hygienic habits such as hand washing, keeping clothes clean, oral and dental care, and body cleanliness are important in maintaining human health, especially in preventing infectious diseases.

*Why is personal hygiene important?

- Prevents infectious diseases;
- Maintains respiratory tract and skin, oral cavity health;
- Facilitates communication with people and increases self-confidence.

***Basic hygiene habits:**

Skin hygiene is the care of the skin, maintaining its function and necessary for protection from diseases. Man covering his body skin from external harmful effects on the body: cooling, overheating, moisture, protects against mechanical and chemical damage, substances actively participates in its exchange, it protects against microbes. Skin surface the floors function as a protection through a lysocym compound that separates it from itself passes. Most bacteria that get on the skin die under the influence of lysocym is. The skin also maintains the body's basic thermal balance. Body temperature is often higher than ambient temperature, thus

at the same time as the body continuously separates heat the Heat spent on maintaining body temperature to a certain extent is ominous fills. Unnecessary and harmful substances for the body through the skin when a person sweats together with it, it also secretes table salt and vitamin C, which are important for the body. Sweating does not depend solely on the state of the organism, perhaps it is also directly involved in the external environment that surrounds it. Asian regions a lot if the foot is not taken care of regularly it sweats, as a result of which an unpleasant odor appears, and the skin is tightened. Even for the sake of not peeling and tidiness between the fingers, make the foot every day before going to bed, you need to get used to washing in soapy or warm water.

The oil secreted through the skin can soften it, leaving it dry, as well as, prevents damage.

Under the influence of sunlight, vitamin D is synthesized at the skin level, which in turn The correct development of ossification, improving the exchange of salts K and Ca provides.

* **Hair hygiene.**

Comb hair every day without melting, once a week it is necessary to wash with soap, when washing hair from dust and microorganisms cleaned. A lot of application of hair oils is suitable, because in this the naturalness of the haircut disappears. Since ancient times, Indigenous women living in Central Asia have used to wash their hair in yogurt. Of hair washed with yogurt its natural color, softness and growth rate do not change, but bitter yogurt smell if used on most heads as a result of use as well as not washing clean appears. The possibility of the development of parasitizing on Dimic hair is born. Therefore, when the head is washed with yogurt, "baby soap" or it should be washed with shampoo until there is no smell in warm water.

After washing the head, the hair should be combed in a sparse comb before, it is necessary to pay attention to the fact that comb teeth do not timate the skin. Long hair from the tip starting is recommended to comb evenly, without rushing.

*Sleep every day earlyiab or evening for dental care before cleaning it with a toothpick or paste on a brush, from which Then, using your index finger, brush the gum from top to bottom. needed. In this case, the gums are given a specific massage, strengthened and blood the circulation improves. Bite regular daily care food digestion improves, relieves unpleasant odor, makes your bite healthy and beautiful provides. The importance of personal hygiene is primarily manifested in protecting the human body from harmful factors in the external environment. For example, neglecting oral hygiene can lead to tooth decay and gum inflammation. Failure to maintain skin hygiene can lead to the development of diseases such as dermatitis, fungus, and furunculosis. In the formation of hygienic habits, the role of the Family, Educational Institutions and the media is extremely difficult.

* **Physiological, psychological and social benefits of personal hygiene:**

The physiological benefit is that personal hygiene ensures the normal functioning of the body. Regular soapy washing of the skin and hands reduces the entry of microbes, viruses and parasites into the body. As a result, intestinal infections, skin diseases, vomiting diseases and respiratory infections are rare. Oral hygiene prevents dental caries, inflammation of the gums and the arrival of an unpleasant smell from the mouth. Wearing clean clothes and bathing regularly helps the skin breathe and keeps the sweat glands functioning normally. Following hygiene rules strengthens immunity, reduces fatigue, and increases working capacity. Proper

sleep and nutrition also help improve metabolism and promote healthy cardiovascular, digestive, and nervous system function.

And the psychological benefit is related to the mental state of a person. A clean and tidy person feels light, calm and confident. Practicing good hygiene can boost your mood, increase self-esteem, and reduce stress. The absence of unpleasant odors from the body or clothing can eliminate feelings of discomfort and help you communicate freely. Taking care of your hair, skin, and teeth can improve your appearance and boost your confidence. Personal hygiene also positively affects the quality of sleep, since a clean environment and body soothe the nervous system. As a result, a person's attention, memory and reading or performance efficiency are improved.

The social benefit is that a person who adheres to hygiene makes a good impression on society. With a tidy and orderly person, others like to communicate. Personal hygiene is an important sign of culture and upbringing. Maintaining cleanliness in public places reduces the spread of infectious diseases to other people and helps maintain community health. A person who practices hygienic habits at school, work, or home is considered responsible and disciplined. This has a positive impact on a person's social relationships, reputation, and adaptation to the community. Therefore, personal hygiene is important not only for individual health, but also for the well-being of society.

***Highly dangerous airborne infections in children:**

It is known that children have a large number of types of air droplet diseases, which are considered common. According to the vaccination schedule adopted by the Republic of Uzbekistan, joint, measles infections are on the verge of termination. POLIOMYELITIS, which is partially transmitted by airborne droplets, has been completely eradicated in Uzbekistan. Whooping cough is severe in children under one year of age and can be fatal in some cases. Mumps infection can cause orchitis in boys and lead to infertility. The high incidence of viral influenza in children is explained by its severity and wide spread.

*The spread of infectious diseases through microbes, viruses, and parasites.

Infectious diseases are diseases transmitted through viruses, bacteria, fungi or parasites. They are divided into several categories.

- VIRAL diseases: Influenza, Hepatitis, HIV, Coronavirus;
- BACTERIAL infections: Tuberculosis, Diphtheria, Brucellosis, Diarrhea;
- FUNGAL diseases: Dermatophytosis, Candidiasis;
- PARASITIC diseases: Malaria, Toxoplasmosis;

*Ways of transmission of infectious diseases:

Airborne transmission: Diseases such as influenza and measles are transmitted through droplets that are spread into the air when a person sneezes or coughs;

Contact route: The disease can be transmitted by touching the patient's skin or belongings;

Through food and water: diseases such as constipation, salmonellosis are transmitted through contaminated food and water unwashed fruit through vegetables.

* Measures to prevent infectious diseases:

It is important to comply with the rules of personal hygiene, vaccinate, regularly undergo medical examinations, lead a healthy lifestyle, ventilate timely vaccination rooms and limit close contact with sick people, request clean water and quality food, carry out sanitary and disinfection measures.

CONCLUSION:



In conclusion, personal hygiene is one of the most important preventive measures in maintaining human health and preventing infectious diseases. Maintaining cleanliness in everyday life, washing hands regularly, and keeping the body, clothes, and living space clean protects the body from various harmful microorganisms. By following hygiene rules, the spread of many infectious diseases such as intestinal infections, flu, hepatitis, skin and parasitic diseases can be reduced. Developing hygiene skills in children from an early age is of great importance in raising a healthy generation. Personal hygiene has a positive impact not only on a person's physical health, but also on their mental state, appearance, and place in society. Today, it is important to promote a healthy lifestyle, reduce the number of diseases, and develop a culture of hygiene to improve public health. one of the tasks is considered. For this reason, it is necessary for each person to consciously follow the rules of personal hygiene and make it an integral part of kumdalik life.

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