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Personal Hygiene and Food Habits

In pursuance to the guidelines issued by the education department we take the initiative to make general awareness about healthy personal hygiene and food habits.

The major part of the work of a caregiver is to ensure that children stay clean and away from potential infections and illnesses that involves day to day care of personal hygiene. The human body if not maintained hygienically can provide places for disease causing germs and parasites to grow and multiply. These places include the skin and in and around the openings to the body. It is less likely that germs and parasites will get inside the body if people have good personal hygiene habits.

Good personal hygiene habits include: -

- Washing the body daily. If possible, everybody should have a bath every day. However, there may be times when this is not possible, for example, when people are out camping or there is a shortage of water.
- If this happens, a swim or a wash all over the body with a wet sponge or cloth will do.
- Brushing the teeth after each meal is the best way of avoiding gum diseases and tooth decay. It is very important to clean teeth at least twice a day.
- Washing the hair with soap or shampoo, at least, once a week.
- Washing hands with soap after going to the toilet.
- Washing hands with soap before preparing and/or eating food. During normal daily activities - such as working, shaking hands, counting or handling currency notes, touching switches and taps, playing etc. - disease causing germs may get onto the hands and under the nails. If the germs are not washed off before preparing or eating food, they may get onto the body.
- Wearing clean clothes. Dirty clothes should be washed with laundry soap before wearing them again.
- Hanging clothes in the sun to dry. The sun's rays will kill some disease-causing germs and parasites.
- Turning away from other people and covering the nose and mouth with a handkerchief / tissue paper / hand when coughing or sneezing. If this is not done, tiny droplets of liquid containing germs from the nose or mouth will be spread in the air and other people can breathe in them, or the droplets can get onto food.
- Keep food and drinking water covered.
- Do not consume any food exposed open in the air.
- Consume fresh fruits and vegetable after thorough washing.
- Trim the nails & hair periodically.

"A Healthy Mind Resides in a Healthy Body"

PRINCIPAL