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Why is personal Hygiene an important factor in Life and how does It Affect by [Stuart Owens](#)

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We might have studied in our schools about different habitats. All species living in this world have their own habitats. However, when it comes to human we might call the same habitats as the surroundings. The surroundings of people in different parts of the globe are varied. Today, we know that the population is increasing and it is hard to find a place for people to live in. Few people live in areas where there is no one around and fully deserted. On the other hand, the population in most cities across the world is densely populated. Hence it is necessary for people to keep their surroundings clean. Cleanliness and hygiene always go hand in hand. We can state a lot of reasons, why it is necessary to be hygienic. Today, we find a lot of forums that talk about personal hygiene. Personal hygiene not only makes us tidy; however, it keeps us healthy as well. Hence most of you would agree if I say, health and personal hygiene are related to each other to a very large extent.

The human body contains thousands of bacteria. If we don't stay hygienic we are easily prone to diseases very easily. It is due to this fact many people are prone to various kinds of diseases all over. Personal hygiene is very much necessary to be kept in mind, while we carry on with our daily activities. Most doctors would prescribe personal hygiene as mandatory to keep us fit and healthy. With the advancement of the technology and with the awareness created through some of the programs that feature in our television powered by Time Warner Deals, people are realizing the value of personal hygiene. Not only this, there are many non-governmental organizations which visit different backward sectors of the economy, to educate them on this aspect. In fact most of these require this kind of awareness as there are numerous diseases spreading due to the lack of personal hygiene. If we visit parts of Asia you will find people lack sanitation facilities. The NGO is planning on helping these backward sectors come with facilities to improve these situations.

So let's look at some things that we need to keep in mind to keep ourselves hygienic. The first and foremost concept to keep in mind is to wash your hands frequently and thoroughly especially after shaking hands with someone or touching anything dirty, including doorknobs, telephones, automated teller machines, elevator buttons and anything in public restrooms. Scrub with soap and hot water for at least 30 seconds; try teaching children to sing a song while washing so they do it long enough. Keep disposable tissues handy and use one to cover your mouth and nose when sneezing or coughing to prevent spreading germs. Throw out tissues immediately, and don't use handkerchiefs. Avoid touching your eyes frequently as the germ would infect you. Stay home from work, school and other activities when you are sick. Avoid close contact with anyone who appears ill; don't shake hands or kiss them. If caring for a sick person, wash your hands frequently and keep the area around them clean. Keep your bathroom, kitchens and other areas clean. These areas accumulate with germs as frequently as possible. Avoid sharing food, eating utensils, drinking glasses, pens and pencils, towels and other personal items. At the office, senior centers and day-care centers use disposable utensils and cups. Don't reuse or share bottles of water. Also remember to take a bath daily, as this could keep you fresh and remove tiredness from your body. All these tips can be kept in mind to lead a perfect and healthy life.

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Stuart is a freelance writer who has written articles on various topics. He now is inspired by some of the programs featuring on his television powered by a [Time Warner Deals](#). He wants to share some of his thoughts with regard to Hygiene.

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