Review Paper

Particular Hygiene After Covid 19

Aamer Quazi, Shraddha Kadam, Snehal Bandichode, Shital Kadam, Pratiksha Ravale

Professor*, student¹, student², student³, student⁴
Corresponding Author: Dr. Aamer I. Quazi* M. Pharm, PhD (Department of Pharmaceutics)

ABSTRACT: In view of the spread of the contagious coronavirus disease (COVID-19) encyclopedically, the present review focuses on the details of past pandemic diseases, along with personal hygiene, types of personal hygiene, personal hygiene consequences and how personal hygiene helps to stop the spread of infectious disease.

The 2019 novel coronavirus (2019-nCoV) or the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) as it is now called, is rapidly spreading from its origin in Wuhan City of Hubei Province of China to the rest of the world. The number of people infected with severe acute respiratory syndrome coronavirus.

Generally refers to the set of practices associated with the preservation of health after Covid 19. A person’s face becomes an entry point for the Coronavirus i.e. the virus can enter into a person’s body through eyes, nose, or mouth. Avoid rubbing your eyes, picking the nose or chewing on fingernails, as much as possible. Hygiene practice focuses on the prevention of diseases through the use of cleaning as one of several inputs make sure to wash hands after you blow your nose, sneeze into a tissue, use the restroom, when you leave and return to your home, before preparing or eating food, applying make-up, handling contact lenses etc. Droplet transmission occurs when a person is in close contact. Directly or Indirectly from an infected person to an object.

Good particular hygiene plays an important part in society for both social and health reasons. Keeping your body and hands clean is very important in preventing the growth and spread of infection and illness.

Personal hygiene is the most important topic today. Good personal hygiene is one of the best ways to protect oneself from getting illnesses. Cleanliness is utterly essential to lead a healthy and peaceful lifestyle.

KEYWORD: Personal hygiene, Covid 19, Hygiene.

PREFACE:

The current coronavirus disease 2019 (COVID-19) outbreak is a worldwide emergency, as its rapid spread and high mortality rate has caused severe disruptions. The 2019 novel coronavirus (2019-nCoV) or the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) as it is now called, is rapidly spreading from its origin in Wuhan City of Hubei Province of China to the rest of the world. The number of people infected with severe acute respiratory syndrome coronavirus.

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HISTORY OF COVID-19

Presently, people all over the world have been affected by coronavirus disease 2019 (COVID-19), which is the fifth pandemic after the 1918 flu pandemic. As of now, we can trace the first report and subsequent outbreak from a cluster of novel human pneumonia cases in Wuhan City, China, since late December 2019. The earliest date of symptom onset was 1 December 2019. The symptomatology of these cases, including fever, malaise, dry cough, and dyspnea, was diagnosed as viral pneumonia.

Primarily, the disease was called Wuhan pneumonia by the press because of the area and pneumonia symptoms. Whole-genome sequencing results showed that the causative agent is a novel coronavirus. Therefore, this virus is the seventh member of the coronavirus family to infect humans.

The World Health Organization (WHO) temporarily termed the new virus 2019 novel coronavirus (2019-nCoV) on 12 January 2020 and then officially named this infectious disease coronavirus disease 2019 (COVID-19) on 12 February 2020. Later, the International Committee on Taxonomy of Viruses (ICTV) officially designated the virus as SARS-CoV-2 grounded to mortal transmission COVID-19 occurring within Hong Kong has shown in clinical data.

Since COVID-19 initially emerged in China, the virus has evolved for four months and spread to other countries worldwide as a global threat. On 11 March 2020, the WHO finally made the assessment that COVID-19 can be characterized as a pandemic, following 1918 Spanish flu (H1N1), 1957 Asian flu (H2N2), 1968 Hong Kong flu (H3N2), and 2009 Pandemic flu (H1N1), which caused an estimated 50 million, 1.5 million, 1 million, and 300,000 human deaths, independently.

During covid 19 period, people largely demanded products like hand soaps and hand disinfectants for personal hygiene, and medical products like surgical masks, restroom, personal hygiene products increased for personal hygiene measures.

Intro to particular hygiene

Hygiene, which is the most important factor to live a healthy life, is also a scientific concept that applies knowledge on health in the form of synthesis for the maintenance and improvement of human health and the continuation of life efficiently at a healthy level for long periods. While the acquisition of hygiene habits prevents the emergence of health problems, deficiencies in these habits cause a variety of diseases. Non-development or misapplication of hygiene habits is a major global problem. The lack of hygiene measures causes many oral and fecal diseases. Poor hygiene habits are not only affecting human life negatively but also causing considerable costs.
The World Health Organization defines hygiene as the practices and conditions which help to prevent the spread of diseases and maintain health. Personal hygiene mentions that the maintaining cleanliness of the body. Numerous people consider cleanliness with hygiene but hygiene is a complex process which is a combination of various methods and practices to achieve cleanliness and sterility. Good hygiene is a principal barrier to numerous communicable diseases, which includes the fecal–oral diseases, and which promotes well-being and healthier.

Good personal hygiene consists of keeping all parts of the external body clean and healthy. It is important for an individual to maintain physical as well as mental health. To attain the significant health benefits, better hygiene should be built concurrently along with the development in the sanitation and water supply, and be merged with other interventions, equally improving in increasing income and nutrition.

Personal hygiene is a public health tool that is used for disease prevention and health promotion in individuals, families and communities. One important tool that could be used to reduce child mortality from communicable diseases. The focus of good personal hygiene is to prevent diseases, injuries and other health conditions through surveillance and the promotion of healthy behavior in aspects relevant to human health. It may prevent health problems from happening or reoccurring.

Personal hygiene, which is also referred to as personal care, includes the following: bathing, hair, nail, bottom, genital, and dental care, and washing of clothing among others. Grooming is caring for fingernails and hair, examples of these activities would be barbing of hairs and trimming of fingernails. As personal hygiene is an important thing and which help to combat the germs on the body that could lead to bad odors and illness.

Components of personal hygiene

Personal hygiene has many components, Following these components one may be able to advance his/her hygiene the following are some;

- Handwashing
- Coughing and Sneezing
- Menstrual Hygiene
- Hair Hygiene
- Oral hygiene
- Nail hygiene
- Face hygiene
- Ear hygiene
- Foot hygiene
- Body hygiene

Handwashing (hand hygiene)

Our Hands are a critical vector for transmitting microorganisms. The cross-transmission of these organisms to others occurs when we fail to wash hands effectively.

Hand washing is also called hand hygiene. It is an act of cleaning one’s hand with water and soap to remove bacteria, contagion, microorganisms or other unwanted and harmful substances stuck to the hand. The best thing to start thinking about personal hygiene is first our hands. We people constantly use our hands for touching lots of surfaces, eating, chatting people, playing or typing at work. So, hands are the biggest carriers of germs. Making sure that everyone practices good hygiene which is one of the easiest and quickest way to prevent illness like cold, cough, the flu and gastroenteritis which can be passed or contracted through poor hygienic hands. The main way to prevent or stop the spread of the potential illness causing germs is by washing hands regularly and thoroughly with soap and water. Other illnesses also include diarrhea and pneumonia.

The main situations to wash the hands include

- Preparing food or before eating.
- Before handling the baby or infant.
- After handling animals.
- After coughing or sneezing or being around someone who is ill.
- After using the toilet

Method of hand washing

For handwashing, remove the jewelry and rinse hands under running water (preferably warm). Lather with soap and using friction, cover all surfaces of hands and fingers. Wash thoroughly under running water. Turn off the faucet with your wrist/elbow. Dry hands with a single-use towel or by using forced-air drying. Pat skin rather than rubbing to avoid cracking. If disposable towels are used, throw in trash immediately. Skin excoriation may lead to bacteria colonizing the skin and the possible spread of blood-borne viruses as well as other microorganisms. Sore hands may also lead to decreased compliance with hand washing protocols. However, take an acceptable quantum and irk on all shells if using antiseptic irk for the recommended time. Let the antiseptic dry on its own.

Critical situations in everyday activity include

- After using the toilet (or disposing of human or animal feces)
- After changing a baby’s diaper (nappy) and disposing of the feces.
- Immediately after touching raw food when preparing meals (e.g. chicken or other meat).
Coughing and sneezing

The recent epidemic of a novel contagious complaint (COVID-19) affiliated to the severe acute respiratory development coronavirus 2 (SARS-CoV-2) highlights the significance of understanding the generation and fate of the dribble created by coughing and sneezing.6

Covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and COVID-19.

Germs can be easily spread by:

- Coughing, sneezing, or talking.
- Touching your face with unwashed hands after touching contaminated surfaces or objects.
- Touching surfaces or objects that may be frequently touched by other people.

To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in the trash.
- If you don’t have a tissue, cough or sneeze into your elbow, not your hands.
- Remember to immediately wash your hands after blowing your nose, coughing or sneezing.
- Washing your hands is one of the most effective ways to prevent yourself and your loved ones from getting sick, especially at key times when you are likely to get and spread germs.
- Wash your hands with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Menstrual hygiene (Particular hygiene for women)

Hygiene during period is an ineluctable part of a woman's life. Varied aspects similar as physiology, pathology and psychology of period have been set up to be associated with the health of women and thereof important factor regarding mortality and morbidity of womenish population. Particular hygiene for women includes special health care requirements and conditions of women during menstrual cycle.7

Wash your hands ahead and after using the bathroom and before using a menstrual product. Discard used disposable menstrual products duly wrap them with restroom paper, a towel or other material and also toss in a trash caddy.

Hair hygiene

In a normal hair cycle, approximately 90% of the hairs are in the anagen phase. The catagen phase begins when the anagen phase ends and approximately 5% of all hair shafts are in the catagen phase at any given time. The normal cycle of hair growth is influenced and disrupted by various internal and external factors including severe systemic infections such as Covid-19.513 patients, only 40 patients had new-onset hair disease that developed during the Covid-19 pandemic. Of 228 individuals with a history of any hair disease during Covid-19, 34 (14.9%) had been diagnosed by a physician. Diverse drugs, stress, anxiety, chronic illnesses, high fever, extreme loss weight, smoking and iron deficiency may all disrupt the normal hair cycle and cause the hair shafts to enter the telogen phase prematurely which results in excessive hair shedding.8

So that is why we have to maintain hair hygiene to maintain hair clean... avoid hand touching with hair in unclean hands. All that type of cleaning hygiene we require to maintain in personal hygiene after covid 19.

Oral hygiene

Thorough oral examination, while practicing protective measures to avoid viral transmission, is important in addressing oral manifestations of COVID-19. The patient was advised to avoid hot and spicy foods, but to drink plenty of fluids and eat a bland diet. We also advised the patient to practice good oral hygiene.9

Nail hygiene

Nail hygiene is an often overlooked and important potential component of disease transmission through contact, because microbes are more concentrated in the subungual area compared with other parts of the hand or digits. The Centers for
Disease Control and Prevention issued guidance on nail maintenance as part of prevention of coronavirus disease 2019 (COVID-19) spread, including nail trimming/scrubbing and cleaning nail-fixing tools. Increased nail length has been consistently shown to harbor greater numbers of microorganisms compared with shorter nails.10  

**Face hygiene**

Our face reveals our daily practice of personal hygiene. Face hygiene includes all parts of the face. The most important area to keep clean is the eyes. The eye discharges protective fluids that could dry and accumulate around the eye. They are visible when a person gets up in the morning. The organic substance of the eye discharge can attract flies and this is dangerous because the fly is a carrier (vector) of trachoma and conjunctivitis. A person should wash their face every morning in order to remove all dirt that they have come in contact with during the course of the day. This will keep your face clean all day. Children are advised to wash their face frequently. Never share your face towel with others.

**Ear hygiene**

Ear wax accumulates in the ear canal that leads from the outer ear to the ear drum. As the secretion comes out of the ear it collects dust particles from the air. Daily washing with soap and water is enough to keep the outer ear clean. Do not reach farther than you can with your little finger into your ear. Putting in hairpins, safety pins or blunt-edged things for cleaning purposes might harm the ear. If you feel wax has accumulated and is plugging your ears and interfering with hearing, consult your doctor.

**Foot hygiene (bottom care)**

We spend a lot of time on our feet. Our feet sweat as we walk day and night and the sweat accumulates on all foot surfaces and between the toes. The sweat may stain the shoes and can produce an awful odor.

As well as bacteria, sweat also encourages fungal growth between the toes. This is called athlete’s foot. The symptoms of athlete’s foot are scaly skin and sores or blisters, which start between the toes but can often spread to the soles of the feet. This is a minor irritation and often disappears by itself but sometimes these cracks and sores become the site for other infections. The feet should be washed daily, or at least twice weekly.

Foot hygiene is also important in the treatment of podoconiosis, sometimes known as mossy foot. This disease causes swelling in the feet and lower legs and is common in certain parts of Ethiopia. It is a reaction in the body to very small soil particles that have passed through the skin of the feet. Podoconiosis can easily be prevented by wearing shoes at all times but, if someone is affected, careful washing and drying of the feet is an important part of the treatment.

Toenails do not have much role in the transmission of diseases. However, they can accumulate dirt and this can increase the potential for bacterial and fungal breeding e.g. athlete’s foot.

**Body hygiene (skin care)**

The body has nearly two million sweat glands. Moistened and dried sweat and dead skin cells all together make dirt that sticks on to the skin and the surface of underclothes. The action of bacteria decomposes the sweat, thereby generating bad odour and irritating the skin. This is especially observed in the groin, underarms and feet, and in clothing that has absorbed sweat. Skin infections such as scabies, pimples and ringworm are results of poor body hygiene.

The first task in body hygiene is to find water, soap and other cleansing materials. Taking a bath or a shower using body soap at least weekly is very important to ensuring our body stays clean. Bathing can be every day or after periods of sweating or getting dirty. The genitals and the anal region need to be cleaned well because of the natural secretions of these areas. Dry the body with a clean towel after thorough rinsing. Change into clean underwear after a bath. Changing sweat soaked clothes is a minor irritation and often disappears by itself but sometimes these cracks and sores become the site for other infections. As well as bacteria, sweat also encourages fungal growth between the toes. This is called athlete’s foot.

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**Mode of transmission of covid 19**

Based on the latest guidelines from Chinese health authorities, there are 3 main transmission routes for the COVID-19 virus in humans [[85], [86], [87]], namely direct contact, aerosol, and droplets.

**Direct Contact Transmission**

Direct contact transmission may occur through direct contact with virus-contaminated objects or surfaces and infecting people through the mouth, nose, or eyes.

**Aerosol Transmission**

Although the COVID-19 virus is not principally an airborne virus, the aerosols from expired air coughs, and sneezes that contain the immediate environment are among media for virus spread. Aerosol transmission is not just from people with symptoms of the disease, indeed asymptomatic COVID-19-positive people can be the source of infection. In close environments, the virus-containing aerosol may persist in the air for long periods and at high immersion further increasing the rate of transmission. The virus remains viable for at least 3 h in aerosols and 48–72 h on stainless steel and plastic surfaces.

**Droplet Transmission**

Respiratory air normally contains an abundance of droplets of sizes less than 5 μm in diameter. Coughing and sneezing cause increased expulsion of droplets from the oral cavity and respiratory tract. In COVID-19 patients these droplets contain a virus that if inhaled or ingested or landing on the mucous membranes will cause disease in people [98,105]. This mode transmission is the most dangerous form of COVID-19 spread among healthcare providers.

**Fecal-oral transmission**

The role of feces in the transmission of COVID-19 is unclear. There have been suggestions that the gastrointestinal system is a critical route for the spread of this virus. The COVID-19 virus infects cells via the surface angiotensin-converting enzyme 2
(ACE2). Apropos, it was shown that there are high expressions of ACE2 in gastric glandular, colon and ileum absorptive enterocytes, duodenal and rectal cells suggesting the virus spread via the fecal-oral route.11

Benefits of good particular hygiene

Good particular hygiene plays an important role in society for both social and health reasons. Keeping your body and hands clean is very important in preventing the growth and spread of infection and illness.3
1. Maintaining a high level of personal hygiene will help to increase self-esteem and confidence, while minimizing the chances of developing imperfections.
2. Maintaining personal hygiene is necessary for many reasons; Personal, social, health, psychological or simply as a way of life.
3. Personal hygiene helps to prevent people from catching or spreading forms of disease or illness
4. Keeping a good standard of hygiene helps to prevent the development and spread of infections, and bad odors.
5. Caring for your appearance and body smells is important to a person's self esteem.
6. Maintaining hygiene practices helps to reduce the risks of ill health.
7. The way to a beautifully maintained body is to give your body plenty of care and love.
8. Practicing personal hygiene helps you to live a healthy lifestyle.
9. Your health depends on your personal hygiene.
10. A person needs to maintain body hygiene not just for the sake of their own health. You may judge a person by their personal hygiene, it gives you a picture of the person's personality.

RESULT:

Particular hygiene is the most important factor which minimizes the spread of contagious condition such as covid 19.

CONCLUSIONS:

After Covid 19 we know personal hygiene is the most important topic today. Good personal hygiene is one of the best ways to protect oneself from getting illnesses. Cleanliness is utterly essential to lead a healthy and peaceful lifestyle, and we should not neglect it. Wash your hands with soap and water, immediately afterwards.

CONFLICT OF INTEREST:

There is no conflict of interest.

SUMMARY:

Good particular hygiene is one of the elegant ways to cover yourself from getting gastro or contagious condition similar as COVID-19, snap and flu. Washing your hands with cleaner removes seed beds that can make you ill. Good particular hygiene practices helps to prevent spread of contagious diseases.

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