

home hygiene, care of domestic animals, and home healthcare (the care of those who are at greater risk of infection). The main sources of infection in the home are foods (particularly raw foods) and water, and domestic animals (in western countries more than 50% of homes have one or more pets).

The main "highways" for germs in the home are the hands and food contact surfaces, and cleaning cloths. Germs can also spread via clothing and household linens such as towels. Hygienic cleaning can be done by: Mechanical removal (i.e. cleaning) using a soap or detergent. To be effective, this process must be followed by rinsing with running water to remove germs from the surface.

### **Hand hygiene**

It is defined as hand washing or washing hands with soap and water.

Hand hygiene is central to preventing spread of diseases in home.

In situations where hand washing with soap is not an option (e.g. in a public place with no access to wash facilities), a waterless hand sanitizer can be used. Safe storage of water in the home is also important. Methods for treatment of drinking water include:

1. Using chlorine or iodine
2. Boiling
3. Filtration using ceramic filters

Cleaning of toilets and hand wash facilities is important to prevent diseases.

**Body hygiene** It is performed by an individual to care for one's bodily health and well being, through cleanliness. Personal hygiene practices include: seeing a doctor, seeing a dentist, regular washing/bathing, and healthy eating.

Body hygiene is achieved by using personal body hygiene products including: soap, hair shampoo, toothbrush, tooth paste, mouthwash, skin cleansers, toilet paper, and other such products.

Proper Refrigeration of foods (and avoidance of specific foods in environments where you don't have refrigeration) is important.

Since the 7th century, Islam has always placed a strong emphasis on hygiene. (For example the need to be clean in time for the daily prayer)