**Unit 3**

**Hygienic Environment**

* **Importance of a Clean Environment**
* Dust and dust mites cause allergies, sinus infections, respiratory problems, and asthma
* A dirty kitchen attracts pests, which are carriers of several diseases
* Bacteria in bathrooms can also cause health issues
* A person, especially an elder or a baby, can get a urinary tract infection from using dirty toilets and showers
* Wet bathrooms can cause a dangerous fall
* A cluttered bathroom or loose bathroom fittings can cause injuries
* Molds, caused due to high moisture content, can trigger asthma and other respiratory diseases
* Clutter attracts pests and dust; can also result in falls and injuries
* Poor ventilation increases the risk of respiratory irritation, cold, or flu
* Odors and smoke can cause respiratory diseases and allergies

**Measures to a Maintain Clean and Hygienic Environment**

* Dust every day or on alternate days
* Clean the ceiling, mats, window frames, fans, and air conditioners once a month
* Once in a month, clean the shelves and cabinets and dry clean curtains and rugs
* Use the vacuum cleaner at least once a week to clean rugs, upholstery, windowsills, and carpets
* To avoid dust bunnies, dust corners and under furniture and objects
* To reduce clutter, keep things back in their place
* Change linen regularly; soak linen in hot water before washing
* Store food in closed containers
* Ensure that things that you do not need regularly need in the kitchen are easily accessible; store rarely used items on higher shelves
* Clean wall tiles, bathroom fittings, and ceiling of the bathroom once a week
* Clean bathroom floor, sink and commode every day
* To improve ventilation:
  + - Open windows
    - Clean filters of air conditioners and heaters
    - Avoid smoking
    - Avoid aerosol sprays
    - Use natural air fresheners
* To avoid pest problems:
  + - Do not leave open food
    - Seal all cracks
    - Ensure windows have screens
    - Avoid the use of pesticides

**Changing Linen**

* Change bed linen weekly, or earlier, if it gets dirty
* For a person who spends most of their time in bed or a person who frequently eats in bed, you may need to change bed linen multiple times in a week
* If the person soils the bed, change bed linen immediately
* Put bath, hand and face towels for drying as soon as they become damp
* Replace towels once in four days, or earlier, if they get dirty
* If hand and face towels are used to wipe off food or dirt, change them immediately
* Observe how often a bathroom rug gets wet or dirty and change it accordingly
* To get rid of germs, dust mites, and bed bugs, soak and wash linen in hot water
* Ensure that before you use it, linen has been dried and ironed properly