

Personal Hygiene

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What is Personal Hygiene?

Personal hygiene is the practice performed by an individual to care for one's bodily health, maintaining cleanliness and well being.

"Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases." (World Health Organization)

Hygiene come from the Greek word "hygies" (Hygiea- Goddess of health), meaning healthy, sound.

A Guide to Good Personal Hygiene

Personal Care, Washing, and Grooming of:

- ✓ Showering
- ✓ Washing your hands
- ✓ Brushing your teeth
- ✓ Cutting your nails
- ✓ Sleeping

Showering

- We should wash the body often. If possible, everyone should have a shower or a bath every day.
- While showering we should shampoo our hair. Our hair is very important, it is made up of dead cells, and brings oil to the surface of the skin.
- Use shampoo to clean your hair. Rinse hair with water after shampooing to remove the soap. Don't scrub too hard or it may damage your hair.



Showering Continued...

- Showering is the best way to get rid of any dirt, sweat, and germs that your body may have collected throughout the day, and prevents hygiene-related diseases.
- Don't share towels or any other materials from people when cleaning your body, this can lead to spreading infections.



Washing your hands

- We should wash our hands before preparing or eating food, after using the bathroom, after coughing or sneezing, and after handling garbage, or holding something dirty.
- Keeping alcohol-based sanitizing gel is beneficial when soap and water isn't available.



Brushing your teeth

- Brushing your teeth is very important. We should brush our teeth twice a day and floss daily at the very least.
- Brushing minimizes the accumulation of bacteria in your mouth.
- Tooth brushing helps prevent tooth decay and gum disease, which has also shown to be linked to other illnesses such as body like heart disease, stroke, and diabetes.
- Flossing your teeth also prevent the gum disease and helps strengthen your gums. We should try to floss every night before sleeping.



Clipping your Nails

- We should be regularly clipping our fingernails and toenails. This will keep your hands and feet looking good and it will prevent hangnails, breakage, and other possible damage to your nails.
- Long nails can trap dirt under them. Short nails cannot trap dirt, so we should be cutting our nails whenever we see our nails getting to long.
- Also, feet that are clean and dry are less likely have athletes foot.
- While cutting our nails, we should take out any dirt we see in the nails to prevent bacterial infections.



Sleeping

We should get 8 to 10 hours of sleep at night so we are refreshed and active every day instead of being lazy. Lack of sleep can lead to serious medical conditions such as obesity, heart disease, high blood pressure and diabetes.



Sayings of the Holy Prophet (SAW)

- **“Cleanliness is half of faith.”**
- **“The miswak (a twig used for tooth brushing) cleanses and purifies the mouth and pleases the Lord.”**

(An-Nasa’i and Ibn Khuzaimah; authenticated by Al-Albani)

- **“Were it not that I might overburden my my followers, I would have commanded them to use the miswak before every prayer.”**

(Al-Bukhari and Muslim)

Sayings of the Holy Prophet (SAW)

“A strong believer is better and dearer to Allah than a weak one, and both are good. Keenly pursue what benefits you, seek help only from Allah, and do not give up. If something befalls you, do not say, ‘If only I had done otherwise,’ but rather say, ‘Allah so determined and did as He willed,’ for ‘if only’ opens the door to Satan’s work.”

(Al-Bukhari)

May Allah help us take
care for our health and
maintain cleanliness and
well being.