



Summary

Good hygiene is an important barrier to many infectious diseases, including the faecal–oral diseases and promotes comfort, safety and better health. As a whole, personal hygiene is the care of our bodies.

It includes the many practices that help people be, and stay healthy such as skin care, mouth care, nails care, bathing and clothing. Therefore, these practices are very important for our healthy living and to avoid spreading of various germs and viruses into the body. Many diseases caused due to poor hygiene like not caring of skin, mouth, nails, bathing and clothing etc. One should ensure these practices regularly and properly so that their body remain neat and clean as well as protect from various unwanted diseases and illness.