

Ear Wax

Daily washing of outer ear is enough to keep it clean. Putting things into your ears may harm the ear. Never reach into your ear with anything farther than you can with your little finger. If you feel wax is plugging your ears, notify a staff member.

Lice

Head lice are small insects that live mainly on the scalp and neck hairs of a person. Lice make a tiny puncture on the scalp and feed on blood. Head lice are mainly acquired through shared combs or contact with an infected persons head. Lice cause the scalp to itch and may cause a scalp infection if untreated. Washing your hair with an anti lice shampoo will treat this problem and thoroughly comb out all lice and nits. Also, cleaning and washing items in the home is important.

Body Lice

Body lice feed on the body and are rarely on the scalp. They remain on clothing and generally deposit their eggs near the seams. Body lice are more often found on people who bath or change their clothes infrequently. Body lice may be acquired by contact with an infected person, their clothing, or infected bedding. Changing into clean clothes and washing the infected ones normally cures body lice.

Pubic Lice or Crabs

Pubic lice or crabs are most frequently found around the pubic area, and sometimes facial hair and eyelashes. Pubic lice are mainly acquired through sexual contact or by sharing a bed. Washing the infected area with lice shampoo and manual removal is the best method of treatment. If you are experiencing any of these symptoms, notify a CMHA HKPR staff member.

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A Guide to Better Personal Hygiene



Canadian Mental Health Association

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A Definition

Good hygiene practices help to maintain health through cleanliness. Hygiene practices include hand washing, brushing your teeth, washing your hair, bathing, eating right, getting enough sleep, and exercising.

Hygiene supports and promotes improved health. Proper hygiene is not only about making yourself presentable, it is an active means of preventing the spread of germs and illness.

General Grooming

Better health and wellness come from having good personal hygiene habits. The following conditions can be controlled by improving personal hygiene, such as: bad breath, dandruff, and athlete's foot. Underwear and socks should be changed daily. Regular daily hygiene should be part of your routine.

Hand Washing

Hand washing is one of the most important things you can do to help prevent infection. Always use soap and water when washing your hands. Wash your hands thoroughly before and after meals. Wash immediately after using the toilet. Your hands should be washed before and after handling or preparing foods, before caring for a toddler or infant, after sneezing or blowing your nose and after taking out the trash. Your hands should be scrubbed on the front, on the back, between your fingers and under your nails. Keep your hands out of your mouth and nose. Nail biting and nose picking are not only offensive, but also unsanitary. A recommended length of time for washing your hands is equal to the time it takes to sign "The Happy Birthday Song".

Bathing/Showering

Soap and water are essential when bathing. Bathing or showering should be done at least once a day. The entire body should be cleaned, including private areas. Staying clean helps to prevent irritation and infection. Make sure sweaty areas, such as armpits, are washed thoroughly. Rinse yourself off completely after soaping. Do not share bar soap or your towel. Dry off thoroughly.

Hair Washing

You should wash your hair at least once a week. Work shampoo into your hair and scalp until it lathers, then rinse. Make sure you rinse your hair well. Your comb should be washed every time you wash your hair. Daily brushing of your hair helps keep it healthy.

Body Odour

An offensive smell is caused when bacteria decomposes. This condition frequently occurs in high perspiration areas, such as, the groin, the underarms, and the feet. Clothing absorbs sweat and may also smell. Showering once a day, using deodorant and wearing clean clothes helps to eliminate body odour.

Bad Breath

Poor oral hygiene often results in bad breath. Brushing your teeth and good dental care can help eliminate this problem. Brush your teeth after every meal.

Athletes Foot

Athletes foot is caused by fungus which breeds in warm, wet places. Athletes foot may be avoided by simply washing your feet well and drying thoroughly. While washing in a public space, wearing sandals while showering may help prevent infection. If you are experiencing athletes foot, notify a CMHA HKPR staff member.

Urinary Tract Infections

Urinary tract infections cause pain or burning during urination. Notify a staff member if you are experiencing these symptoms. Proper hygiene and keeping bathroom spaces clean will help to avoid infection.

Dental Care

Brush your teeth with toothpaste after every meal. When brushing, brush down on the upper teeth and up on the lower teeth. Make sure to brush both the fronts and backs of all of your teeth. While brushing, also brush your tongue. Rinse your mouth with water after brushing and after meals. Flossing daily is recommended. Also, it is important to brush your gums (if no teeth) and to keep your dentures clean.

Pin Worms

Pin worms exit the body from the anal opening to lay eggs at night. This leads to intense itching and may cause disturbed sleep, mild pain and diarrhea. If you scratch the infected area, eggs stick to the hand and infect anything you touch. Washing hands well with soap and water can help avoid spreading pin worms. If you are experiencing any of these symptoms, notify a CMHA HKPR staff member.