



Diseases caused due to lack of cleanliness

Why Cleanliness is Essential

Personal hygiene and environmental cleanliness are essential to prevent the spread of diseases and maintain good health.

- Unclean habits and surroundings become breeding grounds for germs, leading to infections and illnesses.
- Many diseases are directly linked to poor hygiene and lack of cleanliness.

Common Diseases Caused by Poor Hygiene

i. Diarrhoea

Cause: Bacteria in contaminated food or water

Symptoms: Loose, watery stools, weakness, dehydration

Prevention:

- Drink clean, filtered water
- Wash hands before eating
- Eat freshly cooked food

ii. Dysentery

Cause: Intestinal infection due to unhygienic food and water

Symptoms: Abdominal pain, bloody stools, vomiting

Prevention:

- Proper handwashing
- Use of toilets and safe disposal of waste
- Maintain sanitary surroundings

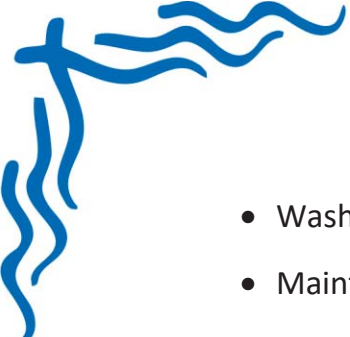
iii. Parasites and Worms

Examples: Tapeworms, Ringworms, Roundworms

Cause: Poor hygiene and dirty surroundings

Symptoms: Stomach pain, weight loss, weakness

Prevention:

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- Wash vegetables/fruits properly
 - Maintain clean hands, clothes, and body
 - Avoid walking barefoot in dirty areas

iv. Tooth Decay

Cause: Sugary food, poor brushing habits

What happens:

- Sticky food leads to plaque buildup
- Plaque bacteria create acids that erode tooth enamel

Symptoms: Cavities, bad breath, gum bleeding

Prevention:

- Brush twice daily
- Floss regularly
- Clean the tongue to remove bacteria and food residue

v. Malaria

Cause: Bite of female Anopheles mosquito (breeds in stagnant water)

Symptoms: Fever, chills, vomiting, headache

Prevention:

- Do not allow water stagnation
- Use mosquito repellents or nets
- Wear covered clothing

vi. Skin Infections

Cause: Wearing dirty clothes, living in unclean environments

Symptoms: Rashes, itching, boils

Prevention:

- Wear clean clothes
- Bathe daily
- Keep surroundings clean and dry



Benefits of Good Health

- Boosts physical fitness and immunity
- Reduces the risk of lifestyle diseases like diabetes and heart issues
- Helps maintain an ideal body weight
- Encourages mental well-being
- Improves confidence and social life

How to Keep Your Body Clean

Practicing daily personal hygiene is the first step toward a healthy life.

Key Practices:

i. Bath Daily

- Use soap and water
- Rinse thoroughly and wear clean clothes

ii. Wear Clean Clothes

- Wash and iron clothes regularly
- Avoid wearing dirty or sweaty clothes

iii. Use Talcum and Deodorant

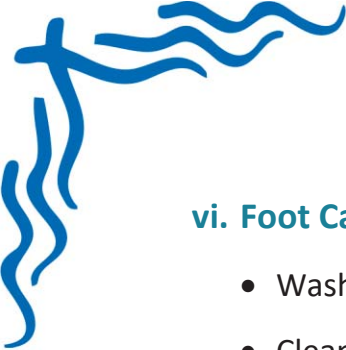
- Prevents sweat and bad smell
- Keeps you fresh throughout the day

iv. Maintain Oral Hygiene

- Brush twice a day
- Use floss and rinse your mouth after meals
- Clean your tongue daily to remove bacteria

v. Hair Care

- Oil and wash hair regularly
- Use clean combs/brushes
- Avoid sharing hair accessories



vi. Foot Care

- Wash feet daily and dry well between toes
- Clean shoes and socks regularly
- Rotate your shoes to allow airing

Quick Summary Table

Disease	Cause	Prevention
Diarrhoea	Contaminated food and water	Drink clean water, wash hands
Dysentery	Poor sanitation	Handwashing, clean toilets
Parasites	Dirty habits, unwashed food	Wash food, clean surroundings
Tooth Decay	Sugary food, poor brushing	Brush & floss twice daily
Malaria	Mosquito bites, stagnant water	Use nets, remove stagnant water
Skin Infections	Dirty clothes, unclean environment	Bathe daily, wear clean clothes