



## Importance of Clean Water, Clean Food and Clean Clothes

### Why Cleanliness Matters

Cleanliness is essential for maintaining good health, preventing diseases, and ensuring a safe environment.

It includes personal hygiene, clean water and food, clean clothes, and hygienic surroundings.

### Importance of Clean Water

Water is a basic human need, and 70% of our body is made up of water.

Clean drinking water is called potable water.

Pollution, sewage, and industrial waste reduce access to safe water.

Drinking contaminated water can lead to serious water-borne diseases like:

- Diarrhoea
- Cholera
- Typhoid

### How to Maintain Clean Water:

- Use filtered or boiled water for drinking.
- Avoid wasting water.
- Ensure proper disposal of garbage and sewage to prevent water contamination.

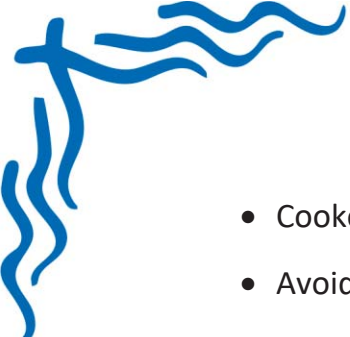
### Importance of Clean Food

The right food choice and clean food habits are the foundation of healthy living.

- Adulterated or contaminated food causes many food-borne illnesses.
- Reputed brands ensure better quality standards and hygiene.
- Perishable items must be stored in refrigerators to avoid spoilage.

### Food Safety Tips:

- Always buy from trusted sources.
- Check expiry dates before buying.

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- Cooked food should be consumed quickly.
  - Avoid food exposed to flies or dirt.

### **Importance of Clean Clothes**

Clothes protect our body and are also a reflection of personal hygiene and dignity.

- Clothes absorb sweat and dirt, which can lead to bad odour and skin infections.
- Dirty clothes are breeding grounds for microbes.

### **Tips for Clean Clothing:**

- Wash clothes after every wear.
- Use detergent and clean water.
- Dry clothes in sunlight to kill bacteria and remove odour.

### **Importance of Clean Surroundings**

Clean surroundings help ensure physical safety, mental peace, and prevent the spread of diseases.

Consequences of Dirty Surroundings:

- Breeding grounds for mosquitoes, flies, and germs
- Air and water pollution
- Foul smell and health hazards

### **Steps to Maintain Clean Surroundings:**

#### **i. Stop Littering**

- Never throw waste on roads, streets, or drains.
- Segregate waste:
  - Green bins for wet waste
  - Blue bins for dry waste

#### **ii. Say No to Plastics**

- Avoid single-use plastic items (bags, plates, straws, etc.)
- Use cloth, jute, or reusable bags instead.



### iii. Proper Sewage Management

- Drains should be covered.
- Ensure that sewage doesn't enter water bodies or open lands.

### iv. Recycle E-waste

- Dispose of electronic waste (phones, gadgets) responsibly.
- Use authorized recycling centers.

### v. Afforestation

Plant trees to:

- Clean the air
- Reduce dust and pollution
- Beautify the environment

#### Did You Know?

- Switchboards and TV remotes contain bacteria levels up to 10x higher than hospitals.
- Your phone may hold 500x more germs than a toilet seat.
- The word "Hygiene" comes from Hygieia, the Greek goddess of health and cleanliness.
- The "five-second rule" is a myth – bacteria contaminate food instantly.

### Quick Summary Table

Aspect	Importance
Clean Water	Prevents diseases like typhoid, cholera, diarrhoea
Clean Food	Avoids food poisoning, supports health
Clean Clothes	Prevents odour and skin infections
Clean Surroundings	Keeps environment healthy, prevents vector-borne diseases
Waste Management	Reduces pollution, protects water and air
Plastic-Free Living	Saves Earth from non-degradable waste
Tree Plantation	Improves air quality, reduces dust and heat