

HYGIENE AND HEALTH

PERSONAL HYGIENE

One of the most important ways to protect oneself from infectious diseases and their spreading is by following hygiene practices regularly and properly. Personal hygiene practices include regularly maintaining the cleanliness of hands, hair, beard and moustache, teeth, and other body parts as well as clothes and shoes. If personal hygiene practices are not regularly maintained, this can lead to infectious diseases whose causative agents are mostly transmitted by hands and enter the body as drops through mouth, nose, mucous membrane of the eye or damaged skin.



1 x day

Personal hygiene practices for the body include taking a shower or bathing in warm water and using soap. Use a towel to dry the body and another towel to dry your hands. The towels should be dry and not shared with others.

Wash your hair with warm water and shampoo once or twice a week. Beard and moustache should be washed (and trimmed). The razor blade used for shaving should be for personal use only and should not be lent or shared with others. Fingernails and toenails should be trimmed regularly and scrubbed with a nail brush.



2 x day

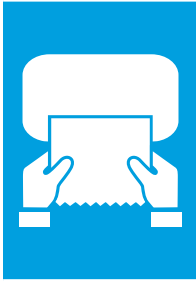
Teeth should be cleaned using toothpaste and a toothbrush twice a day (morning and evening), and if possible after every meal. The toothbrush should not be shared with others or lent to them. After using the toothbrush allow it to air-dry.



20 sec

Washing your hands regularly and properly is a very efficient measure of protecting yourself from getting or spreading infectious diseases that are transmitted by unclean hands and in contact with other persons, animals, or contaminated objects. Before you wash your hands, take off all your jewellery (rings, bracelets) and your watch.

To properly wash your hands use warm water and soap (rub your palms with interlaced fingers for about twenty seconds), rinse them under running water and dry thoroughly (hot air, paper towel).



Always wash your hands: before and after a meal, after using a toilet, after blowing your nose, coughing and sneezing, after contact with a person who is ill, before and after baby care, after touching animals or leafing through a newspaper, before and after preparing food, as well as after cleaning the house or handling rubbish. After washing your hands, use the paper towel with which you dried your hands to turn off the tap and then throw it in the bin.



When you cough or sneeze use a paper tissue to cover your mouth and nose and not your hands. In this way you are avoiding spreading infectious secretions and transmitting diseases (e.g. cold, flu) to others. Make sure you always avoid direct contact between your hands or other body parts and bodily fluids including blood.

CLOTHES AND FOOTWEAR



One should change their clothes as needed in accordance with the possibility of their washing. Underwear should be changed daily, it would be best to change it after body hygiene practices. Winter clothes should protect from the cold (gloves, winter hats, thermal socks).



Summer clothes should be made of lightweight and airy fabrics in order to allow the body to cool. To protect yourself from the sun additionally wear a hat and sunglasses.



Clothes and underwear should be washed regularly with water and washing powder at adequate temperatures, the recommended temperature for underwear (whites) is 90°C. Leave the laundry to air-dry or use a drier. Avoid borrowing and using other people's clothes.



Footwear should be your own and light if possible, and it should firmly grip your foot and lower legs. It must not be tight, otherwise it can cause calluses, whereas if it is too big, your footing becomes uncertain. Do not lend your used footwear or share it with others. Clean and air out your footwear regularly.



Children's toys should also be washed and cleaned regularly.

FOOD AND WATER HYGIENE



Use the food before its use by date in order to avoid contaminants that are harmful to health. Keep the food in separate containers depending on their type and at temperatures recommended by the manufacturer. Cooked food should be put in closed containers and kept away from animals. Healthy diet is varied and distributed into several meals a day (breakfast, snack, lunch, dinner, supper).



Fruit and vegetables must be washed before eating with safe potable water. When handling food pay attention to packaging material because it can be a source of contamination. Clean the dishes regularly by washing them (by hand or in a dishwasher) using warm water and dishwashing detergent.



In Croatia tap water is safe to drink and it is approved for public use.

ENVIRONMENTAL HYGIENE



Any discarded substance or object is considered waste. Waste collection, separation, transport, and processing are matters of public interest. Rubbish bins must be placed near places of waste disposal, and waste is collected in waterproof rubbish bags. When the bag is full, it should be closed and disposed in rubbish bins, which are regularly emptied by public utility services.



Rubbish bins must be made of easy to wash material and have lids, so that there is no direct contact of hands with the bin and other waste during waste disposal.



Waste can be a source of food, water, people, animals, or environment contamination. Rubbish bins should remain closed at all times to prevent entrance to insects or rodents, which are searching for easily available food, and can be carriers of different infectious disease.



Cleaning is the activity of removing dirt (by washing, scrubbing, brushing) from work surfaces, floors, objects, and other things that are around us. Cleaning is the principal measure of prevention done in order to stop the transmission and spreading of infectious diseases.

Air pollution can also be harmful to life and health of all living beings. The sources of air pollution can be natural (windborne) or caused by human activity (traffic, industry).



Large groups of people travelling, moving, and staying in a confined space together can pose additional health risk. People can travel using different modes of transport, but walking is the most difficult. Walking for a long time requires adequate clothes and footwear, drinking water, food, and occasional rest. Since fatigue frequently causes accidents, eight hours of sleep a day are recommended.

Croatian Red Cross provides public health promotion and assistance to migrants and refugees during their stay in transit reception centres, as well as to persons seeking international protection and persons under international protection in asylum seekers' reception centres in the Republic of Croatia in order to protect and promote health and prevent disease.

IN EMERGENCY CALL TOLL FREE NUMBERS:

European emergency services number **112**

Emergency medical service **194**

Police **192**

Fire service **193**