



Hygiene Basics

The word Hygiene came from the word Hygieia which is the name of the goddess of health, cleanliness and sanitation, in the traditional stories of the Greeks and Romans.

There are viruses that can last in a body forever contributing to fatigue. There are parasites that can be hard to detect with lab tests. Viruses and parasites can be spread by body fluids such as saliva, mucous, blood, etc.

To Reduce the Spread:

- Do not kiss people directly on the lips unless they are your sweetheart.
- After bodily fluid contact with others, wash up.
- If you have a cut, keep it covered.
- Do not share drinks, food or makeup.
- When using public toilets, use seat cover or don't sit down.
- Do not place your pack, purse or briefcase near a toilet, or on top of a table or food counter.

Good hygiene has helped to improve health for centuries.

Yours for health naturally,

Dr B

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