

Keep Clean, Be Healthy

A Guide to Personal, Home and Environmental Hygiene

Personal hygiene is an important step to improve your health and wellbeing. Here's some helpful hints on how to maintain and improve your personal hygiene.

Wash hands properly

Washing hands thoroughly with liquid soap for at least 10 seconds can effectively prevent contracting and spreading communicable diseases.

1. Viruses and bacteria can enter the body easily through the eyes, mouth and mucous membrane of the nose. So, always remember to wash hands before touching the eyes, nose and mouth.
2. Wash hands before eating or handling food.
3. Always carry a handkerchief or some tissue paper. Cover your nose and mouth with it when sneezing or coughing. Wash hands immediately afterwards to avoid spreading germs via respiratory droplets.
4. Wash hands after touching public installations or equipment, such as escalator handrails, elevator control panels or door knobs, which are commonly used by many people and which can easily gather germs.
5. Keep the toilet rim clean. Flush the toilet and wash hands after using the toilet. Keep it clean for your benefit and the benefit of others.
6. Wash hands with liquid soap, then dry with a clean towel/tissue paper or a hand drier. Do not use communal towels.
7. Be considerate. Do not make the floor wet when washing your hands or discard used tissue paper outside the bin.
8. Rub hands with a 65-95% alcohol solution to disinfect the hands when hand washing facilities are not available.

Observe good food hygiene

Prevent germs in saliva to contaminate food

1. Use serving chopsticks and spoons at meal times.
2. Do not share lunch boxes and drinks.

Don't eat dirty food

1. Do not eat at unlicensed food stalls or unclean food premises.
2. Do not purchase pre-packaged food that does not have proper labeling, has passed its expiry date or is in a damaged package.
3. Do not buy uncovered food or food that has been stored at room temperature for some time.
4. Do not eat food that looks, smells or tastes abnormal or could be contaminated.

Be considerate

1. Do not drop food scraps and litter in public places. Be civic minded.

Clean up when you return home

Dirt or germs can be found everywhere in the street, or on objects that you come into contact with outside. When you come home:

1. Wash hands and face immediately.
2. Wash clothes or air them in a well-ventilated place for at least one day to clear away dirt and germs.
3. Clean shoes and put them in a well-ventilated place. Wash hands immediately afterwards.

Seek medical help if you are unwell

Prevent others from contracting diseases

1. Consult a doctor promptly if you feel unwell. Wear a face mask if you have symptoms of a respiratory tract infection.
2. If you have a fever, do not go to school or work. Check your body temperature before going to school or work in accordance with the relevant advisory for workplaces and schools.
3. Wear a mask when visiting hospitals or clinics. When you arrive home, take a bath and wash your hair.

Adopt a Healthy Lifestyle

1. Do not smoke or drink too much alcohol.
2. Exercise regularly and eat a healthy, balanced diet.
3. Get plenty of rest.
4. Do not share personal items.
5. Do not spit or litter. Offenders are liable to a heavy penalty.

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