



## PERSONAL & COLLECTIVE HYGIENE DENYING DISEASE & DELAYING DEATH

Abalinx 19 October 2019 Peter Adamis

The topic itself is self-explanatory and does not need a description. However it is becoming increasingly clear that hygiene is not observed by many.

It is not my intention to tell people how to live their lives or how to suck eggs. The purpose of this article is to highlight the current poor hygiene habits that are contributing to the spread of disease and infections.

The bigger the population, the greater the risk. The greater the risk the greater need to review and implement new hygiene strategies that can replace the health paradigms of the past.

Doctors warned many years ago about the emergence of super bugs (Bacteria) appearing in the hospital. Bugs that learnt to become resistant to antibiotics because of over use. Bugs that became resistant to cleaning products.

It is a fact that many diseases can be prevented by following some very basic hygiene protocols. A few are described below:

- A. Washing your hands.
- B. Covering your mouth when coughing.
- C. Maintaining a clean house.
- D. Washing your clothes.
- E. Washing the dishes.
- F. Using gloves and masks
- G. Good sanitation methodologies

The most important of all is washing as the key to avoiding infection.

Having stated the above, I am appalled by the lack of hygiene demonstrated by individuals who I expected to know better. Professionals in every field of work, those in the hospitality arena, government officials, political, legal, construction, hospitals, university staff and students, tradies and those in the customer service sector.

The young, the elderly, homeless, addicts, disabled, physically and psychologically challenged people are most at risk. These need special care, patience, attention and support regarding hygiene and the onset of disease and infections.

Those with elderly parents should take note of this for the future as it will affect their parents when one third of the old age sector employees leave in droves over the next few years. This is as a result of poor facilities, health standards, long hours, poor conditions and inadequate pay.

If people took the time out to conduct their own research they will find that it is relatively cheaper in the long run to keep parents in their own home until their end of life kicks in. Local and government support will assist those who take this option rather than the old age home. Those whose parents are placed in old age homes tend not to live long and more often than not are forgotten.

I can state without a word of a lie that during my life time I have witnessed people not washing their hands before dinner, visiting the toilet, coughing openly in the air, spitting on the sidewalk, not cooking food properly, poor first aid protocols, urinating and leaving bodily waste in public places, just to name a few.



As a result, it is no wonder people become ill from diseases "caused by germs and parasites resulting from inadequate domestic and personal hygiene". Food poisoning, diarrhoea, infections, gastroenteritis and respiratory illnesses to name a few. If a person becomes infected by germs, microbes or microorganisms that enter the body. These alien bodies tend to multiply, causing harm, severe illness and death in serious cases that go untreated.

When I was given the bad news some four years ago that I had cancer, I wracked my brain as to where I went wrong in life. My hygiene protocols were always good and cleanliness was important to me.

The oncologists and specialist all advised me that cancer causing agents can be found almost anywhere. Chemicals, life styles, alcohol, toxins, preservatives in food, fumes, oil based products, dust, and long term poor hygiene protocols are the genesis of cancer related diseases.

Well, being told that at the time did not help me to come to terms with my cancer related predicament. The information did alert me to the fact that, while I was to be a guest of the hospital, I would have to implement my own personal hygiene protocols to provide my body with the best possible chances of survival.

What this meant was taking advantage of the hospital hygiene cleaning fluids kept in every room and toilet. This meant cleaning the toilet seat, sink, basin, mirrors, door handles on both sides, seats, chairs, tables, lights, equipment, books if any, mobile phone, laptop, cables, tubes, hands, face and anything that was touched by another human being.

I avoided using joint toilets and bathrooms where possible and kept away from those who were ill with an infection. Mind you the first few months was easy to control because I was in the isolation ward but I was extraordinarily careful when located in a ward with others for short periods.

There were two times that I was infected. Once when I brushed against a tree branch and I got a scratch and the other was from infected teeth. In both cases I was neutropenic meaning that my immune system was extremely low or none at all. Suffice to say, my extraordinary hygiene protocols and practices whilst in hospital paid off and I was spared the onset of any super bug entering my system.

**MORAL OF THE STORY:** Do not underestimate the value of personal and collective hygiene. Wash your hands to save your life and that of others in your environment.

As I stated above, it's not my intention to tell people how to live their lives or how to suck eggs, but to highlight the dangers of poor hygiene protocols and practices. I am of the belief that hygiene education is taught at home and reinforced at schools. Institutions and organizations at all levels could contribute by the implementation of signage in appropriate areas. This is a start. Do you have signage at your place of work? If not, why not.



Peter Adamis is a Journalist/Social Media Commentator and writer. He is a retired Australian military serviceman and an Industry organisational & Occupational (OHS) & Training Consultant whose interests are within the parameters of domestic and international political spectrum. He is an avid blogger and contributes to domestic and international community news media outlets as well as to local and Ethnic News. He holds a Bachelor of Adult Learning & Development (Monash), Grad Dip Occupational Health & Safety, (Monash), Dip. Training & Assessment, Dip Public Administration, and Dip Frontline Management. Website: [abalinx.com](http://abalinx.com) Contact via Email: [abalinx@gmail.com](mailto:abalinx@gmail.com)