

The importance of personal hygiene in the prevention of winter illnesses

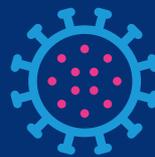
For many people, winter can be synonymous with getting sick. But the maintenance and reinforcement of some personal hygiene and cleaning habits can prevent this.



Why does winter favor the onset of illnesses?

- During winter, the lack of humidity in the air raises the levels of pollutants.
- The occurrence of the so-called thermal inversion makes the layer of cool air heavier.
- The heavier air causes a greater circulation of viruses.
- The colder air irritates the airways, which leads to more allergy symptoms.
- The drier, cooler air also impairs mucus production in the airways, which makes it difficult to breathe and favors the spread of illnesses.

Good hygiene habits: our allies against respiratory illnesses!



As most winter illnesses are caused by bacteria and viruses, caring about our hygiene can help prevent them. **Therefore, it is worth it to emphasize some of these cares:**



- Wash your hands thoroughly with soap and water or sanitize them with a hand sanitizer gel.



- Use disposable tissues when coughing or sneezing and wash your hands afterwards.



- Outside the home, use the inside of your arm to protect your mouth and nose when coughing.

- Do not touch your nose, eyes, or mouth before washing your hands thoroughly.

- Wash sheets, blankets, duvets, and winter clothes before putting them to use again.

- Clean every room in the house to get rid of dust completely.

- Avoid toys or rugs that are shaggy or that can harbor dust.

Remember!

Staying hydrated, in airy environments, and controlling the humidity of the air are some other measures that can contribute to a better quality of life during winter. Take care!