Experts

Practise personal care and hygiene

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We are encouraged to always practise self-care and hygiene in everyday life, as many of the surfaces we touch are exposed to bacteria or viruses that can cause diseases.

Bacteria or viruses can be transferred through handshaking, doorknobs, pipes, utensils, toilet tools and many more.

Hands can act as the transfer agent when touching the face, especially eyes, nose or mouth.

Hand washing is a crucial step to prevent the spread of disease.

Washing your hands using soap should be practised daily, not only to prevent the spread of Covid-19.

A lecturer from the Faculty of Chemical & Process Engineering Technology, Universiti Malaysia Pahang (UMP), Ts. Dr. Norashikin Mohd Zain said handwashing must be practised among all ages.

“Children are particularly vulnerable to infectious diseases because they are less cautious when rubbing their eyes or nose after touching things or somebody else.

“They should be educated about the importance of washing hands in the right way, especially before eating and after using the toilets.

“As parents, we also need to have a sense of awareness in washing hands and to educate the children.

“The practice of right handwashing must also be implemented in child care centres,” she said.

She added that preschool children are vulnerable to diseases that are easily spread while they mingle.

“It should also be implemented in schools to keep the students healthy. Similarly, mothers with infants are encouraged to wash their hands after changing diapers.

“Our hands may seem clean, but it does not mean they are free from harmful microorganisms.

“Everyone knows that it is vital to keep our hands clean in preventing the spread of infectious diseases.

“However, to what extent do we practise the right handwashing step? Washing hands using soap and water is the best way to get rid of dirt, bacteria or viruses on the skin surface.

“Clean hands prevent the spread of microorganisms between individuals,” she said.

She noted that many cleaning or wash products in the market and we should know that each product has different contents and functions, depending on the suitability of the user’s skin.

With more than 10 years of research experience in UMP, she shared her success in formulating three cleaning products, which are antibacterial hand wash, body wash and spray under the brand of Aureiz, Medieva Sdn. Bhd., funded by the Bumiputera Entrepreneurs Startup Scheme (SUPERB), under the Bumiputera Agenda Steering Unit (TERAJU).
The hand wash is produced using safe antimicrobial substances, and it can clean hands from dirt, bacteria or viruses that cause diseases.

“It uses a gentle formulation that cleanses the skin without drying it. This hand wash is available in a variety of soothing fragrances such as lavender and vanilla.

“Meanwhile, the body wash is available in a variety of soothing fragrances such as lavender, rose and vanilla.

“There is a difference in these body’s cleanser products compared to other products: these products do not contain sodium lauryl sulfate (SLS), sodium laureth sulfate (SLES), parabens or alcohol.

“Natural surfactant is used to produce foam. It is safe for users, and the materials used are also environmentally friendly. The antimicrobial compounds in the products help to kill germs,” she said.

To help kill bacteria on the surface and ambience, the company produces antimicrobial spray.

It blends several antimicrobial materials to kill germs.

The product contains natural extracts to replace the use of chemicals and provide a fragrant smell.

This antimicrobial spray can also be used in living rooms, bedrooms, mattresses, toilets, toys, garbage areas, car interior or any surface for cleaning purposes.

The spray comes in two refreshing scent options which are lavender and vanilla.

These three products have been approved by the Ministry of Health (MOH) through Pharmaceutical Bureau and also passed the Recognition Programme for Lab Tested from Bioeconomy Corporation agency, to verify that the contents are safe.
She advises the public to keep themselves, their families and the environment clean.

For self-hygiene, follow the 7-step hand washing method issued by the Ministry of Health (MOH); use sufficient soap and clean water, scrub your palms, scrub each and every fingers and area between them, scrub your nail on your palm and the back of your hands.

Then, rinse your hands with sufficient clean water thoroughly and dry your hand with a clean towel or hairdryer.



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