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IHW Council outlines need for hand & nail hygiene to control COVID-19

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Medical professionals feel poor hand and nail hygiene can have a detrimental effect on a person's overall health



Leading health specialists at the IHW (Integrated Health And Wellbeing) Council's web summit in association with KAI India recently highlighted the need of maintaining the basic hygiene and self-protection measures in order to protect the people from viruses such as cold, flu and COVID-19 that has already claimed millions of lives.

Titled as "Hand & Nail Hygiene: Care During COVID-19", the virtual session was attended by Rajesh Pandya, Managing Director, KAI India; Dr (MAJ) Manish Mannan, HOD, Pediatrics & Neonatology, Paras Hospitals, Gurgaon; Dr Shilpa Ghosh, Director, Dept of Obstetrics & Gynecologist, Akash Super Speciality Hospital, Dr Bela Sharma, Additional Director, Internal Medicine, Fortis Memorial Research Institute, Gurugram, and Dr Indu Ballana, MBBS, MD - Dermatology, Ballani Skin Aesthetics Center.

Rajesh U Pandya, MD, KAI India said, "Negligence towards nail hygiene can cause a series of complications such as bacterial and viral infections. Appropriate hand hygiene includes diligently cleaning and trimming fingernails, which may harbor dirt and germs and can contribute to the spread of infections, like pinworms. It includes ensuring that food particles are not sticking to your nail for a long duration and there is no build-up of bacteria."

Often overlooked, this aspect of hygiene is crucial in maintaining a healthy and disease-free body. Since childhood, we have been taught to take care of our nails and keep them clean, but we hardly pay attention to these habits. In India, a major part of our day to day activities including eating, washing clothes, utensils and even mopping the floor is done with bare hands.