

## Something smells, and it might just be you

Personal hygiene affects your health and the health of fellow students

What is that horrible smell?  
Three words: poor personal hygiene.

Whether you're in class, on the quad or in the elevator, you're bound to smell the stench of something funky, foul or just plain disgusting.

Students who neglect to clean their bodies daily affect the physical and social well-being of themselves and others.

Physically, these students put themselves and their peers at risk of getting a bacterial infection.

Athlete's foot, herpes and lice are all common bacterial infections transmitted through direct and indirect contact, according to the Centers for Disease Control.

Direct contact transmits bacteria through kissing, sexual intercourse, oral secretions and body lesions, according to the CDC.

Anyone deliberately willing to come into contact with someone with these infections must want to be infected.

Indirect contact includes touching objects or surfaces such as door handles, chairs, tables or windows, according to the CDC.

Students and faculty should not have to fear obtaining an infection every time they need to use these objects.

It is a simple concept.

The university provides bathrooms with personal cleaning materials such as soap, water and hand sanitizer. Everyone should use them.

Students should adhere to the personal hygiene tips listed in UNC Asheville's general health and safety policies.

One policy advises employees from facilities management to always wash their hands and to



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clean office areas after they are use.

In the interest of students, the university should enforce this policy.

When touching commonly-used surfaces such as computers, they should be advised to be more sanitary.

Another way to enforce these sanitation requirements would be to provide advertisements, as well as awareness days.

Because the university promotes environmental friendliness, it should promote good personal hygiene among the student body.

According to the university health and counseling department, ninety percent of UNCA students say they found campus health awareness activities beneficial.

These activities include advice on smoking, binge drinking, eating disorders, stress and other topics.

If the university provided health activities geared toward personal hygiene, it could prevent the spread of infection, and benefit the physical and mental well-being of students.

Socially, you may ask, who cares about personal hygiene? Apparently, some students do.

UNCA junior Justin Greene says bad personal hygiene affects the amount of friends an individual may have.

### Cleaning Tips:

- Surfaces with bacteria include counter tops, sinks, microwaves and refrigerators, so clean often.
- Wear flip-flops in dorm bathrooms and showers to protect against fungal diseases.
- Purchase a new toothbrush every three months in order to maintain proper oral hygiene.
- Remember that good hygiene also includes clean clothes, so wash clothes regularly.

*\*Recommendations courtesy of the Center for Health and Hygiene in the Home and Community*

"I knew a girl from one of my previous classes that had really bad hygiene," Greene said. "She would always stink when she came to class. I wasn't the only person that noticed it."

Because no one knew a respectable way to tell the girl about her odor, everyone in class tried to ignore the matter, Greene said.

"No one knew if she realized that she stunk or if she just didn't care," Greene said. "I wonder if she knew why people didn't want to be around her anymore."

How do you tell someone they stink?

It should be done in a private and respectable manner. A simple suggestion of improving personal hygiene can be offensive.

Although this may be a comical matter, it could lead to damaging friendships, relationships, anger, frustration and embarrassment.

In any case, addressing the problem to your peers would be a personal, yet effective, way of in-

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fluencing good personal hygiene.

Some students who claim to be "naturalists" may protest personal hygiene. Some students may not even care.

Whatever the reason may be, it is an issue that seems silly, childish and socially-ignored until there is a serious bacterial infection.

What do you think about student hygiene? Visit [thebluebanner.net](http://thebluebanner.net) to voice your opinion.