



NEWSLETTER

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PBB INTRODUCES COUNTRY MANAGER FOR NIGERIA:

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Health is Wealth

Roqueebah Temitope Agbaje

It is a regular phenomenon we hear in our day-to-day life but how have we inculcated the habit of taking care of our health. We all know that a healthy body breeds a healthy mind and brings about more productivity in everything we do.

Also, taking very good care of our health should start with our intake and immediate environment, this includes; our home, offices, schools, and worship centers. In each of these places, we have the compound, drainages, various rooms and most especially the small compartment which we visit regularly, yet we take little or no interest in the proper cleaning because we believe it is the place of dirt or waste. This place is called the TOILET, RESTROOM, LADIES, GENTS, or any other name we decide to call it.

The most widely used types of toilets are the water closet and the pit latrine. In-pit latrine; human waste is collected in a hole in the ground which might be connected to a squatting pan for user comfort, this type of toilet is cheaper to construct and needs little water to keep clean. While water closet also known as the flush toilet is an enclosed room or compartment containing a toilet bowl fitted with a mechanism for flushing. The water closet has many parts that we have contact with like the flush knob, the toilet seat, and the likes so we have to pay special attention to its cleaning.



Negligence in taking proper care of our toilet could cause a lot of health issues. A dirty toilet abhors germs and bacteria which are harmful to our health. Since good toilet hygiene reduces the risk of illnesses, infections, and diseases like gastro-intestinal, urinary tract infections, and a lot more, it is important to deliberately dedicate time for the care of our toilet.

Have you ever gone to a high-end place and you are pressed to use the restroom, on getting there you run in and run out? Why, because the place is not safe to use. Then you start wondering, how such a place with a high caliber of people can be this dirty. Before criticizing these places and people staying there, let's go back to our various houses, how do our toilets look like, can we confidently invite people into it, looking at the black spots and the white closet, sink, and tiles that have turned brown. Do you know that these unhygienic toilets could be made clean if properly taken care of? All you need to do is to employ the service of the right professionals who are experienced and dedicated to what they do. All those brown and dirty closets and tiles will become white and sparkling and you do not need to change the closet or anything in the toilet, just get the right hands for the job. Then subsequently, we need to continuously take proper care of our toilet.

Below are some tips on toilet hygiene:

- Wash the toilet regularly
- Apply a disinfectant to the inside of the toilet bowl, scrub thoroughly and rinse
- Keep the toilet seat clean. use a toilet seat cleaner, don't squat on the toilet seat
- Wipe down the exterior paying special attention to any areas you touch regularly such as the seat and flushing handle or knob.
- Regularly disinfect the brush and brush holder
- Sweep the floor and mop to keep dry at all times
- Make sure that your toilet is well ventilated
- Boys should be trained about not urinating on toilet seats and girls should be trained on the proper ways of cleaning up to prevent spreading germs to their genitals.
- Wash the hand after using the toilet to avoid transmitting germs from one person to the other.
- Using tissue paper to wipe the hand after washing is better than a towel because if the latter is not changed early it could breed germs.

When all the above tips are followed strictly after the professional touch then our toilets will be safe and comfortable for use. Likewise, we will feel delighted to invite people to our home and restroom. Joyce Meyer said, "that the greatest gift you can give your family and the world is a healthy you". So, let's take responsibility for our health in order to live a good life.

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