

## Australians among most unhygienic in the world



Aussies have been urged to wash their hands more often.

*Source:* Herald Sun

### **AUSTRALIANS are some of the most unhygienic people in the world.**

We rank below South Africa, Brazil, France, Britain, the US and Canada when it comes to personal hygiene habits, such as hand washing, in a Hygiene Council study of 12 countries.

It found well-mannered individuals were more hygienic and more than twice as likely to report less cases of colds, flu and diarrhoea.

Hygiene Council chairman Professor John Oxford said washing hands was a simple act that could help lower infectious illnesses.

"The study shows the correlation between personal hygiene and infectious disease, and only further establishes the importance of good hygiene habits to maintain good health," Prof Oxford said. "It's everyone's responsibility and is vital in breaking the chain of infection."

Females are more likely to wash their hands with soap than males.

Brazilians had the highest level of personal hygiene and people in India and Malaysia were the highest users of anti-bacterial soap.

Australia shared top spot with Britain for household hygiene.

Sydney University Professor Dominic Dwyer said Australia rates well for household cleanliness, but it needed to improve in the area of personal hygiene.

The study was conducted from January to March.

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From: **Herald Sun**  
August 03, 2011