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**PERSONAL HYGIENE AS THE MOST IMPORTANT MEANS OF
PREVENTING CORONAVIRUS INFECTION
AMONG MEDICAL STUDENTS**

Introductions. Millions of people around the world are currently living in a coronavirus pandemic. The spread of this infection is rapidly increasing, that is facilitated by non-compliance with quarantine restrictions, low immunity among the population and, most importantly, neglect of personal hygiene rules.

Aim. To study following rules of personal hygiene as one of the most important elements in the prevention of various infections, what is especially relevant in the current pandemic.

Materials and methods. To achieve aim of this study, we conducted an online survey of students regarding their compliance with the rules of personal hygiene using authorial questionnaire. In total 102 students of Kharkiv National Medical University participated in the survey.

Results and discussion. It is known that the coronavirus is preferably airborne. The mucus droplets with the virus settle on surrounding objects, such as household items, clothing, handrails or public transport seating. This is why the World Health Organization urges to wash hands with soap as often and thoroughly as possible for at least 30 seconds. According to our research, 97.1% of respondents always wash their hands thoroughly when they come home from the street. 51% of students do it always, and 36.3% – often, that is, the absolute majority, execute the advice to use antibacterial hand treatment. It is also important to be careful not to touch the face if contact with a potentially dangerous surface (door handles, handrails in transport, money, etc.) was possible. 50% of students always think about it, 45.1% – often. Deals with the recommendation to treat a mobile phone with antiseptics are a bit worse. Only 31.4 %, or every third respondent never wipes his mobile phone with an antibacterial liquid when they come home from the street. However, information that great amount of bacteria, including

pathogens, are on the surface of a mobile phone was known long before the ongoing pandemic. The recommendation to use disposable rubber gloves is the most unpopular. In general, 63.7% of medical students do not use them outside.

A very important aspect of hygiene and self-protection is wearing a mask that not only reduces the risk of infection, but also helps to protect the health of others. It is known that this infection can be asymptomatic, that is, the person does not feel the obvious symptoms of the disease, but spreads the virus. According to our poll, 67.6% of participants always put on a mask when walking outside; 30,4% always walk in a mask, even on a peopleless street.

Conclusions. Thus, most students taking the survey adhere to personal hygiene rules, but further educational work is needed among future physicians to follow all the recommendations carefully, as these simple actions are critical to maintaining health, especially in the face of the risk of coronavirus infection spread, when hygienic recommendations should be followed with particular care.