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Changes In Personal Hygiene Habits AND their perceived Effects Post COVID-19 Outbreak Among College Teachers In Mangalore

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Changes In Personal Hygiene Habits AND their perceived Effects Post COVID-19 Outbreak Among College Teachers In Mangalore

The qualitative study shows an adequately positive shift in awareness as well as practices pertaining to personal hygiene habits.

- The study found out that the participants started practicing the personal hygiene habits more with the increase in number covid – 19 cases.
- Most participants believed that the increase in practicing personal hygiene habits has significantly led to less exposure to other infectious diseases like flu and other fungal and bacterial infections.
- As most of the participants didn't get it often (were in a perfectly good state of health)
- However, PHH weren't the only factor.

Keywords: Changes, Covid-19, teachers, hygiene, qualitative