

Health Highlights Scrub Smarter | Bathroom Hygiene Tips (Audio)

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.
BATHROOMS ARE FILLED WITH GERM-BREEDING OBJECTS – AND YOUR TOILET ISN'T THE SOLE CULPRIT.

SHOWERS – TOOTHBRUSHES – SOAP DISPENSERS AND ANY SURFACE CAN BE ADDED TO THE GERMY LIST...
ACCORDING TO KAYLIN HEINZ – AN INFECTION PREVENTIONIST NURSE AT OSF HEALTHCARE. HEINZ
OFFERS SOME CLEANING TIPS FOR THE DIFFERENT AREAS OF YOUR BATHROOM.

MOISTURE FROM YOUR BATH OR SHOWER LEADS TO THE BUILDUP OF BACTERIA AND FUNGI... WHILE ALSO
BEING A PRIME SPOT FOR VIRUSES TO LIVE AND GROW. LINEN ITEMS LIKE TOWELS AND BATHMATS ARE
KNOWN AS SOME OF THE DIRTIEST ITEMS... SINCE PEOPLE STEP ON THEM WITH DIRTY SHOES... AND THEY
STAY WET AND DAMP THE LONGEST.

HEINZ SAYS IF YOU HAVE A CUT ON YOUR BODY – LIKE ON YOUR FEET – YOU CAN INTRODUCE BACTERIA OR
FUNGUS TO THE AREA DURING A SHOWER. THIS CAN LEAD TO ATHLETE'S FOOT OR A STAPH INFECTION.
SHE GIVES ADDITIONAL GUIDANCE ON HOW TO CLEAN YOUR SHOWER.

TAKE SOT | KAYLIN HEINZ | INFECTION PREVENTIONIST RN | OSF HEALTHCARE

"When you're cleaning, go from top to bottom. If you start cleaning your tub and then you clean your shower
walls, you're going to have to re-clean the tub. When you're getting out of the shower, think about the moisture
that's there. That's where the bacteria and fungus are going to grow, so you're going to want to get rid of that
moisture if you can."

HEINZ ADDS IF THERE'S ANY DISCOLORATION IN THE SHOWER OR TUB – CLEAN IT IMMEDIATELY – AS THIS
IS A SIGN OF WHERE BACTERIA IS GROWING. MAKE SURE TO SCRUB THE AREA... CLEAN IT... AND LET IT DRY
COMPLETELY.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN. >>)