

Health Highlights Scrub Smarter | Bathroom Hygiene Tips (Video)

<<(I'M MATT SHEEHAN 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 MATT SHEEHAN. >>)