

The Healthy 5 Each Day

Keep Germs Away!

You and your team will work together to do these 5 steps to lower your risk of infection while in the hospital:



Shower or Bathe

1 time a day, your care team will help you shower or have a sponge bath. This is so germs won't build up on your skin.



Clean Up

2 times a day, your care team will come into your room and wipe down the surfaces that build up the most germs.



Walk & Move

3 times a day, your care team will get you up to walk or move as much as you can. This will help you heal faster.



Oral Care

4 For good oral hygiene, brush your teeth or perform oral care at least 2 times a day. Do this once after every meal and again at bedtime.



Wash Hands

5 or more times a day, wash hands with soap and water or use hand sanitizer.

You: Before and after eating and after you go to the bathroom.

Care Team: Before and after they touch you or the equipment that you are using.

Visitors: On their way into the room and on their way out.

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