CHECKLIST

# Hygiene Checklist

The basics, with the interval each health body gives.

## Every day

- [ ] Wash hands: at least 20 seconds, soap and water. After the toilet, before eating. Dry completely.
- [ ] Brush teeth, morning and night: two minutes, fluoride toothpaste.
- [ ] Floss (or clean between teeth) once.
- [ ] Bathe or shower. AAD dry-skin tip: 5 to 10 minutes, warm water, gentle cleanser where needed.
- [ ] Moisturize while skin is still damp, and after washing hands.
- [ ] Nails clean and dry. No biting.

## Every week

- [ ] Bath and hand towels: wash (at least weekly).
- [ ] Washcloths: wash (at least twice a week).

## Every month or so

- [ ] Clean nail clippers and scissors: small brush, 70 to 90% isopropyl alcohol, rinse in hot water, dry completely.

## Every 3 to 4 months

- [ ] Replace the toothbrush (sooner if frayed).

## My own lines

- [ ] _____
- [ ] _____
- [ ] _____

Period products: follow the instructions on the pack. Questions about intimate care: ask a clinician.

**NOT ON THIS LIST:**
how often to shower or wash your hair, intimate care, and any skin, hair or nail changes. Take those to a doctor or dermatologist. This page is routine steps from CDC, ADA, AAD and Cleveland Clinic guidance, not medical advice.

## Notes

TRACKER

# Two-Week Grid

Tick what you did. Blank is fine: it is information, not failure.

## Week 1

| Line | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Brush (morning) | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Brush (night) | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Clean between teeth | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Moisturize | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Nails checked | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Weekly job (towels) | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

## Week 2

| Line | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Brush (morning) | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Brush (night) | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Clean between teeth | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Moisturize | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Nails checked | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Weekly job (towels) | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Date of week 1: _____ Notes: _____