



Sometimes people have difficulty remembering to do simple things when they are ill.

Here is a guide to help you with your daily routine.

- Brush teeth at least 2 times a day.
- Wash face daily.
- Shave daily (men).
- Brush or comb hair daily.
- Wash hands after using the bathroom and before meals.
- Bathe or shower at least 3 times a week.
- Wash your hair at least 3 times a week.
- Make bed daily, change when dirty.
- Clean bedside area daily.
- Wash your clothes once a week.