





# The Importance of Staying Clean Education for Patients and Families

Staying clean is a very easy and effective way to prevent infections while in the hospital. This includes taking a shower or bath, brushing your teeth, and washing your hair. We have many products and staff are available to help you stay clean. If you are unable to complete these activities on your own, please feel free to ask for help.

What can I do?	Why and how should I do it?	What we have available for you:
Shower or take a bath	<ul style="list-style-type: none"> <li>• Remove any germs that may be growing on the skin. This will prevent them from entering your body, especially if you have any medical devices or wounds that germs can infect.</li> <li>• Showers are available in most patient rooms if you are able to bathe yourself.</li> <li>• If you need help bathing, a nurse or nurse aide will give you a bath in your bed using soap, water, and washcloths or wipes*.</li> <li>• For certain high-risk patients, additional antimicrobial wipes* (called CHG) will be used to help kill germs on the skin. <b>Do not</b> flush wipes down the toilet. Please dispose of in trash.</li> </ul>	<ul style="list-style-type: none"> <li>• Soap</li> <li>• Washcloths</li> <li>• Bath in bed</li> </ul> 

Brush your teeth	The mouth is full of germs. It is important to brush your teeth so that those germs do not enter your lungs or get on your skin.	Toothbrush and Toothpaste 
Wash your hair	Overall cleanliness is important, and often times the hair gets missed. If you are unable to wash your hair, your nurse or nurse-aide will be able to assist.	Shampoo and Rinse-free Shampoo Caps 
Wash your hands	Either washing your hands or using hand sanitizer before eating is important to not transmit germs from the environment into your mouth. It is important for families/visitors to also wash their hands to prevent bringing germs into your room.	Purell hand sanitizer 

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## What items are available to me?

### For the body:



Body Soap



Body lotion



Anti-Perspirant

### For the hair:



Shampoo



Rise-free shampoo cap



Shaving cream/ razors



Comb and brush

### For the mouth:



Toothbrush



Toothpaste



Mouthwash



Denture supplies

### For the hands:



Hand Soap



Nail polish remover



Nail file



Purell hand sanitizer