









# The Importance of Staying Clean

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 members that are available to help you stay clean. If you are unable to do 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:
Shower or take a bath	<ul style="list-style-type: none"> <li>Bathing removes any germs that may be growing on your 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, we will use antimicrobial wipes (called CHG wipes) for extra cleaning to help kill germs on the skin. Do not flush these wipes down the toilet. Please throw them in the trash after use.</li> </ul>	<ul style="list-style-type: none"> <li>Soap</li> <li>Washcloths</li> <li>Bath in bed</li> </ul>     

What can I do?	Why and how should I do it?	What we have available:
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.	Toothbrushes and toothpaste 
Wash your hair	Overall cleanliness is important, and sometimes the hair gets missed. If you are unable to wash your hair, your nursing assistant will be able to help you.	Shampoo and rinse-free shampoo caps 
Wash your hands	Either washing your hands or using hand sanitizer before eating is important to not get germs in your mouth. It is important for families and visitors to also wash their hands to prevent bringing germs into your room.	Hand soap and hand sanitizer 

### What other cleaning items are available for me to use?

For your body:	For your hair:	For your mouth:	For your hands:
<ul style="list-style-type: none"> <li>Body lotion</li> <li>Anti-perspirant</li> <li>Shaving cream and razors</li> </ul> 	<ul style="list-style-type: none"> <li>Comb</li> <li>Brush</li> </ul> 	<ul style="list-style-type: none"> <li>Mouthwash</li> <li>Denture supplies</li> </ul> 	<ul style="list-style-type: none"> <li>Nail polish remover</li> <li>Nail file</li> </ul> 

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