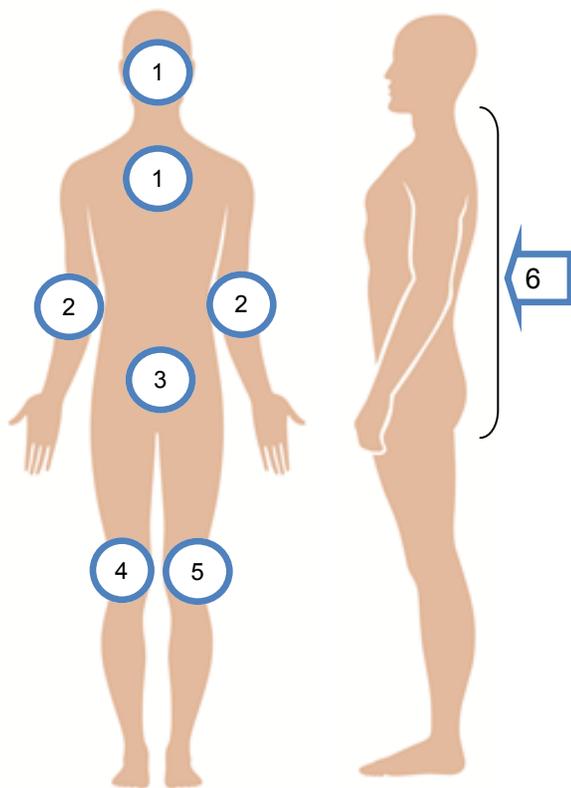


Prevent infections during your hospital stay

SHOWER with Chlorhexidine (CHG) soap

PATIENT

During your stay, shower *regularly* with a special antiseptic soap (CHG) which removes germs and prevents infection better than soap and water



Avoid eyes and ear canals

* Regular soap and shampoo prevent CHG from working well. If you must use your own shampoo or face wash, use them first and try to keep the shampoo and face wash off the body so CHG will work as body soap.

Take a CHG Shower

SHOWERING with CHG soap

1. You will be given a 4 oz CHG bottle to wash your hair, face, and body
2. Begin with hair and face, rinse
3. Apply generous amount of CHG to mesh sponge or non-cotton cloth and rub until foamy
4. **Apply CHG with water off** or stand out of water stream
5. Firmly massage onto skin. Clean from top down (cleanest to dirtiest areas). Reapply CHG to keep sponge foamy
6. **Ask for help for hard-to-reach areas**
7. For best effect, leave soapy lather on skin for 2 minutes. Rinse body well.
8. If needed, ask your nurse for CHG-compatible lotions to moisturize

Protect Yourself Every Day

Reminders

- CHG is proven to work better than regular soap to get rid of germs
- Once massaged onto skin, CHG works to kill germs for 24 hours
- **Use CHG every day. Starting on the admission day works best** to remove germs before IVs, lines, urinary catheters, and procedures or surgery
- Be thorough. Ask for help to reach hard-to-reach areas, including backside, around devices, on wounds
- CHG is safe on rashes, burns, and wounds that are not large or deep

Clean all skin areas with attention to:

- Neck
- All skin folds
- Skin around all devices (tubes/drains)
- Wounds and open skin
- Armpit, groin, between fingers/toes