

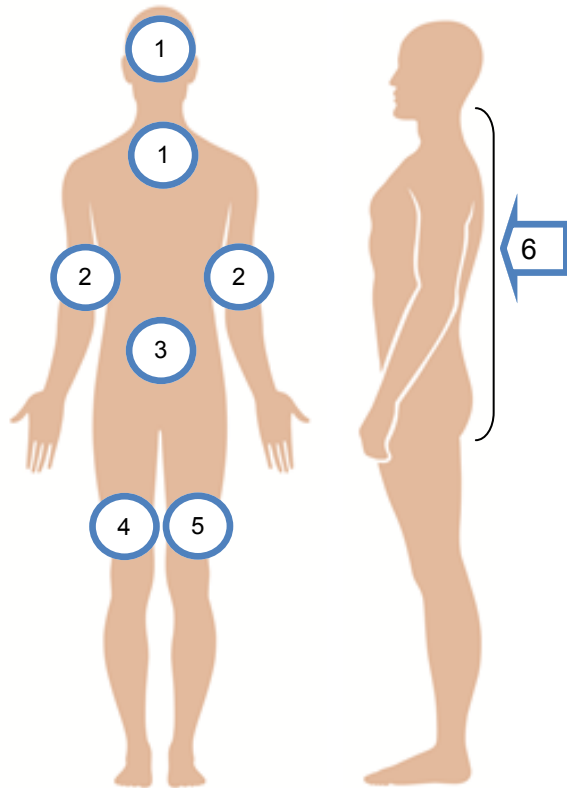
# Prevent infections during your nursing home stay

## BATHE with Chlorhexidine (CHG) Cloths

# RESIDENT

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

Each packet has 6 cloths to be used on all skin areas as shown below:



Avoid eyes, mouth, & ear canals

## Take a CHG Bed Bath

### BATHING with CHG cloths

1. Use CHG cloths for bed bathing. Starting on your admission day works best to remove germs.
2. These no-rinse cloths are your protective bath. The CHG continues to get rid of germs for 24 hours.
3. Use all 6 cloths. More, if needed.
4. **Firmly massage** on all skin areas to ensure deep cleaning of skin
5. Clean over non-gauze dressings
6. **Your nursing assistant will clean wounds and parts of lines, tubes, and drains nearest the body**
7. Throw away in trash. **Do not flush.**



## Protect Yourself

### Important Points and Reminders

- CHG is proven to work better than soap and water to get rid of germs
- CHG is less drying than soap. CHG cloths have aloe and are good for your skin.
- Your skin may feel sticky for a few minutes after applying due to aloe vera
- **Do not rinse.** Once massaged onto skin, CHG works to kill germs for at least 24 hours
- **Be thorough. Ask for help for hard to reach areas, backside, around devices.**
- CHG is safe on rashes and wounds that are not very large or deep
- **Clean lines, drains, tubes 6 inches from the body.** Ask for help, if needed.

### Clean all skin areas with attention to:

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