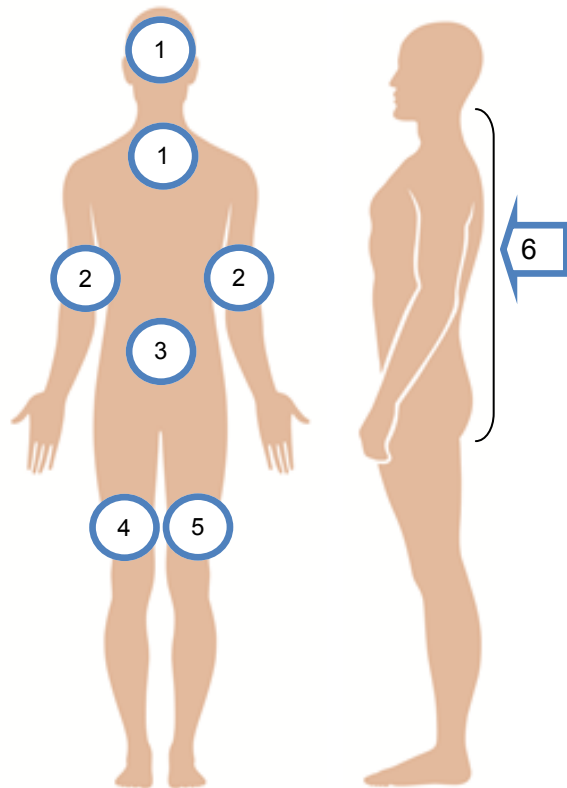


Prevent infections during your nursing home stay

SHOWER with Chlorhexidine (CHG) Soap

RESIDENT

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



Avoid eyes, mouth, & 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. CHG will be provided in showers to wash your hair, face, and body
2. Begin with hair and face, rinse
3. **Use a non-cotton cloth or mesh sponge.** It helps CHG lather well.
4. Apply generous amount of CHG to cloth or sponge and rub until foamy
5. **Apply CHG with water off** or stand out of water stream
6. Firmly massage onto all skin areas. Reapply CHG to keep cloth foamy.
7. **Ask for help for hard-to-reach areas**
8. For best effect, leave soapy lather on skin for 2 minutes. Rinse body well.

After showering with CHG soap

1. Ask nurse to help clean lines, tubes, drains, or wounds that were covered for showering with **CHG cloths**
2. If needed, ask your nurse for CHG-compatible lotions to moisturize

Protect Yourself

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 at least 24 hours
- **Use CHG regularly. Starting on the admission day works best** to remove germs
- 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