

Reducing germs on your skin and nose can protect you from infection and support recovery.

Common bacteria living on your skin and in your nose normally do not cause problems, but they can lead to higher risk and infections while you are in the hospital.

Reducing the germs on your skin and in your nose through a process called **decolonization** helps protect from an infection while you are in the hospital. Your care team may give you:

- CHG bathing wipes to clean your skin
- Alcohol-based nose swabs to reduce the germs in your nose
- Instructions to wash your hands often throughout the day



Did You Know?

Infections often mean a longer hospital stay and slower healing.

What is chlorhexidine gluconate (CHG)?

Chlorhexidine gluconate, or CHG, is the ingredient in bath wipes which kills germs. CHG wipes are needed every day because they:

- Kill germs on your skin immediately and for up to 24 hour after use
- Prevent dangerous infections like Methicillin-resistant staphylococcus aureus (MRSA)
- Are better than using soap and water to bathe



Check It Out

See the back of this sheet to learn how to use CHG wipes.

What is nasal sanitizer?

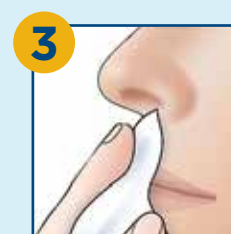
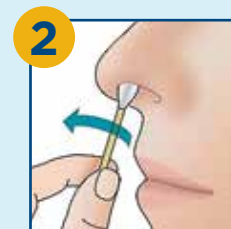
Nasal sanitizer is an alcohol-based cleaning swab used on the inside of your nose to reduce germs that can cause infection when we touch our nose and then touch other areas on our body like a cut, incision site or IV site.

3 steps to use nasal sanitizer swabs

- 1** Use a clean tissue to wipe inside both of your nostrils, including the inside tip. Throw away the tissue.
- 2** Place the swab comfortably into your right nostril and turn it for 30 seconds, covering all areas. Using the same swab, repeat in your left nostril for 30 seconds.

A slight brief burning feeling is normal and should go away quickly.

- 3** **Do not blow your nose.** If the solution drips, gently wipe it with a tissue.



Using CHG bath wipes

Your care team can clean you with CHG wipes every day or they can show you how to do it. If you prefer to use wipes yourself, you still may need help with wiping down your back.

- Treatment takes about 10 minutes every day.
- CHG should be used outside of the body and from the neck down **ONLY**. **Do not use on your face.**
- Take a shower **BEFORE** using CHG wipes.
 - **Do not rinse after using CHG wipes.** The CHG needs to be left on and absorb into your skin to work.
 - Your skin might feel sticky or itchy for a few minutes, but this should go away once your skin completely dries. This is due to the moisturizer in the wipes.
- Allow the CHG to dry completely.
- Avoid lotions or moisturizers from home. These interfere with the benefits of CHG and may not fully protect you.

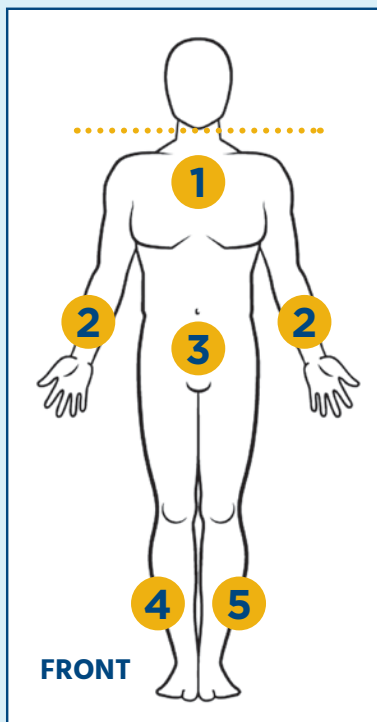


Safety Tips

- CHG is safe on small rashes and closed wounds that are not large or deep.
- Avoid large or open wounds, and fresh cuts or incisions.
- For breast feeding mothers, avoid breasts and nipples.

How to use CHG bath wipes

DO	DON'T
<ul style="list-style-type: none">• DO wipe skin with a firm massaging motion.• DO use only CHG-compatible lotions below the jawline AFTER skin dries completely.• DO throw used and unused wipes in trash after package has been opened.	<ul style="list-style-type: none">• DON'T use regular soap or lotions below the jawline after use. Some soaps and lotions can deactivate CHG.• DON'T wipe off or rinse off after treatment.• DON'T FLUSH WIPES DOWN THE TOILET.



- 1 Wipe your neck, shoulders and chest.
- 2 Wipe both arms and hands.
- 3 Wipe your stomach, then between your legs (groin and perineum).
- 4 Wipe your right leg and foot.
- 5 Wipe your left leg and foot.
- 6 Wipe the back of your neck, back, then buttocks (you may need someone to help you).

