



You can help reduce your risk for **pneumonia** by brushing your teeth.¹



The #1 infection you're at risk for in the hospital is pneumonia.²

There are germs in the hospital that your body is not used to. One of the best ways to reduce your risk is to keep your mouth clean by brushing your teeth and rinsing your mouth four times a day.¹

Tools to help keep your mouth clean:



Ultra-soft toothbrush
gentle on gums



Mouthpaste cleans and refreshes the teeth and gums

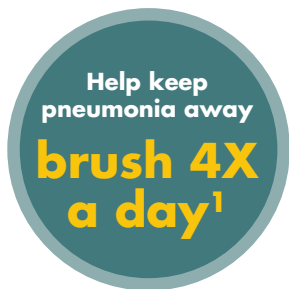


Mouthwash with Antiseptic reduces germs on your cheeks and tongue



Mouth moisturizer helps soothe and moisturize

If you need help brushing your teeth, please let your nurse know



References: 1. Quinn B, Baker DL, Cohen S, Stewart JL, Lima CA, Parise C. Basic Nursing Care to Prevent Nonventilator Hospital-Acquired Pneumonia. *Journal of Nursing Scholarship*. 2013;46(1):1-9. In the referenced study (Quinn), it was found that by following the oral care protocol to brush 4 times a day using a mouthpaste with sodium bicarbonate and rinse with an antiseptic, you can help reduce the risk of pneumonia. 2. Magill SS, O'Leary E, Janelle SJ, et al. Changes in Prevalence of Health Care-Associated Infections in U.S. Hospitals. *New England Journal of Medicine*. 2018;379(18):1732-1744. doi:10.1056/nejmoa1801550.



Usted puede ayudar a disminuir su riesgo de **neumonía**

lavándose los dientes.¹



La principal infección que tiene riesgo de contraer en el hospital es la **neumonía.**²

En el hospital hay gérmenes a los que su cuerpo no está acostumbrado. Una de las mejores formas de disminuir su riesgo es mantener su boca limpia lavándose los dientes y enjuagando su boca cuatro veces al día.¹

Instrumentos para mantener su boca limpia:



Cepillo de dientes ultra suave suave en las encías



Pasta dental limpia y refresca los dientes y las encías



Enjuague bucal con antiséptico que disminuye los gérmenes de sus mejillas y su lengua



Humectante bucal ayuda a suavizar y humectar

Si necesita ayuda para lavar sus dientes, informe a su enfermero.

Ayude a evitar la **neumonía** cepílese los **dientes 4 veces al día¹**



References: 1. Quinn B, Baker DL, Cohen S, Stewart JL, Lima CA, Parise C. Basic Nursing Care to Prevent Nonventilator Hospital-Acquired Pneumonia. *Journal of Nursing Scholarship*. 2013;46(1):1-9. In the referenced study (Quinn), it was found that by following the oral care protocol to brush 4 times a day using a mouthpaste with sodium bicarbonate and rinse with an antiseptic, you can help reduce the risk of pneumonia. 2. Magill SS, O'Leary E, Janelle SJ, et al. Changes in Prevalence of Health Care-Associated Infections in U.S. Hospitals. *New England Journal of Medicine*. 2018;379(18):1732-1744. doi:10.1056/nejmoa1801550.