

You can help reduce your risk for pneumonia **by brushing your teeth¹**

Did you know?

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



One of the best ways to reduce your pneumonia risk is by **keeping your mouth clean.¹**


Germs in the hospital are different from the germs your body is used to at home. These germs can increase your risk of pneumonia.

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

Sage **Self Oral Care**




Toothbrush
All in one
Antiseptic rinse




Step 1

Detach




Step 2

Push



Step 3

Brush



Step 4

Spit

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/nejmoa180155

Puede ayudar a reducir el riesgo de neumonía **cepillándose los dientes¹**

¿Lo sabía?

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



Una de las mejores maneras para reducir el riesgo de neumonía es **manteniendo la boca limpia.¹**

Los gérmenes en el hospital son diferentes a los gérmenes a los que su cuerpo está acostumbrado en su hogar. Estos riesgos pueden aumentar el riesgo de neumonía.

Si necesita ayuda para cepillarse los dientes, informe a su enfermero.

Sage **Self Oral Care**



Paso 1 | Separar



Paso 2 | Presionar



Paso 3 | Cepillar



Paso 4 | Escupir

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/nejmoa180155