



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

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 two to 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.



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