Did you know?

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

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.

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

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.

¿Lo sabía?

La principal infección que tiene riesgo de contraer en el hospital es la neumonía.¹

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

---