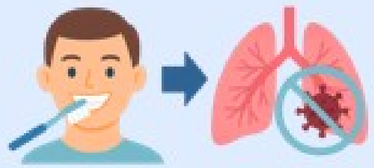
DID YOU KNOW?



Brushing your teeth while you're in hospital may reduce your risk of pneumonia by up to 60%

WHAT IS HOSPITAL-ACQUIRED PNEUMONIA?

Hospital-acquired pneumonia or "HAP" is a lung infection that can develop when a person is in hospital. Bacteria can build up in our mouths and travel to our lungs, which may cause HAP. This type of pneumonia can be severe and sometimes fatal.

Tell your care team if you have:

- difficulty breathing,
- a fever
- coughing
- chest discomfort

Avondale UNIVERSITY

PREVENT PNEUMONIA WITH GOOD ORAL CARE

FOR MORE **INFORMATION**

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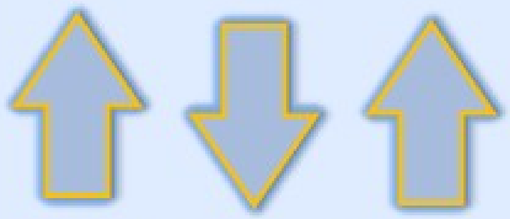

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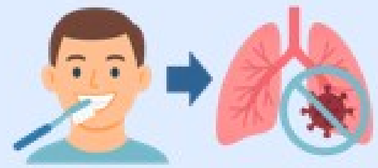

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5 SIMPLE STEPS TO KEEP YOUR MOUTH CLEAN AND HEALTHY

- ☑ Brush your teeth (and tongue) twice a day
- ☑ Use a pea-sized amount of fluoride toothpaste on your toothbrush
- ☑ Brush gently in small circles for two minutes
- ☑ Clean your dentures daily if you wear them
- ☑ Ask staff for help if brushing your teeth is difficult

For more information including 'how to' tutorials, please visit.

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A CLEAN MOUTH HELPS PROTECT YOUR LUNGS!

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