



Creating Cleaner Healing Spaces

# Your Healthcare Hygiene Guide

Healthcare leaders today are taking even greater precautions to safeguard personnel, patients and visitors.

Use this guide to prepare your environment for the highest of hygiene standards.



## Hygiene Expertise for Hygiene Excellence

When any patient, visitor or staff member walks through the doors of your healthcare facility, they're trusting you with their well-being. As an industry innovator and leader in hygiene products for nearly 150 years, Kimberly-Clark Professional understands the meaning of that trust. While you implement new measures and protocols, we've got the tools, solutions and guidance to help meet your needs.



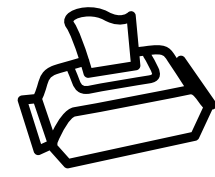
# Heightened Healthcare Precautions

It is increasingly vital to prepare for the following protocols in healthcare environments:



## Frequent hand washing reinforced for everyone

Visible reminders and guidelines for staff, patients and visitors



## Greater surface hygiene throughout facilities

Increase frequency of surface disinfection with wider staff participation



## Social distancing implemented whenever possible

Physical spacing and protective barriers used consistently



## Appropriate use of personal protective equipment

Provide PPE and train personnel on proper use



## Touchless technology and processes where possible

Use of voice-activated commands, sensor activation and doors without handles



## Implementing and encouraging telehealth

Expand access to essential health services via phone and online visits



## Preparedness Checklist

Review this list of considerations from the CDC to help ensure you've considered everything.

[View the Checklist](#) →



## Healthcare Hygiene Hot Spots

A quick guide to areas where hand soaps, sanitizers and disinfectants should be put to use.

[View the Hot Spots](#) →



## Germs: The More You Know

Germs are everywhere. Here are some stats to keep in mind.

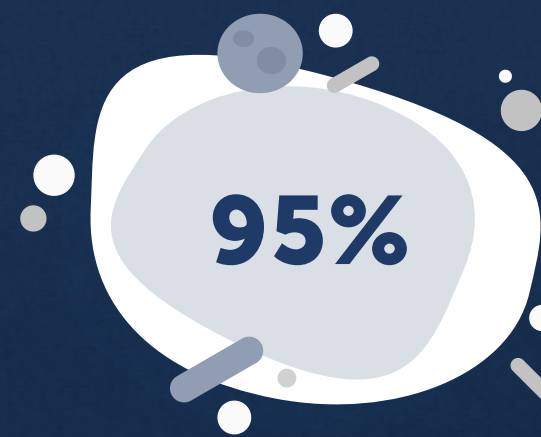


### Face the facts

Based on a survey conducted by the CDC, about 72,000 U.S. hospital patients with healthcare-associated infections died during their hospitalizations in 2015.<sup>1</sup>

### Help Your Hands

Nearly 95%<sup>2</sup> of adults don't wash long enough to thoroughly clean germs from their hands.

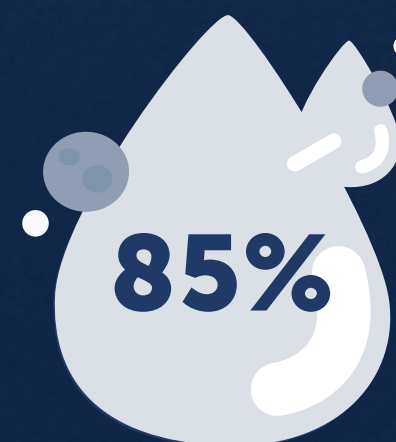


### Safety at Stake

Based on a survey conducted by the CDC, there were an estimated 687,000 healthcare-associated infections in U.S. acute care hospitals in 2015.<sup>1</sup>

### Cloth Concerns

Cotton cloths can reduce the efficacy of disinfectant chemicals by up to 85%.<sup>3</sup>



**It's only natural to be concerned  
by numbers like these.**

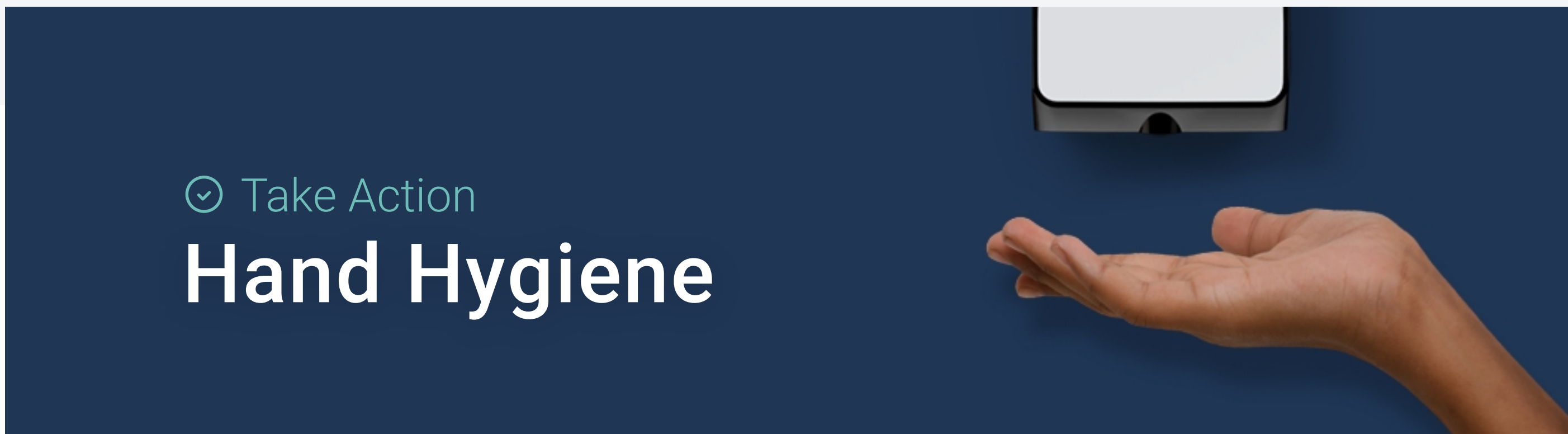
They underscore the need for rigorous precautions to protect the people in your healthcare environment. Get prepared with a solid hygiene strategy.



## Win in Key Action Areas

Among the many actions we can take, two important steps are more critical than ever: **washing hands** and **disinfecting surfaces**.

These simple measures go a long way to help curb the spread of germs and help create a more hygienic environment.



A healthcare setting presents many opportunities for hands to pick up and leave behind germs—from doors to telephones, and from food trays to counter tops. . It's vital to **provide ample hand soap, water and disposable paper towels, as well as alcohol-based sanitizers** throughout the facility. According to the CDC, sanitizer solutions containing 60%–95% alcohol are most effective.<sup>4</sup>

Post visual reminders that hands should be washed according to CDC guidelines, especially at these times:

- Before and after all patient contact
- After using the restroom
- After coughing, sneezing or nose-blowing
- After handling money with ungloved hands
- After cleaning up messes or disposing of waste
- Before handling food, and before and after eating
- Before putting on and after removing PPE, including gloves
- Before and after contact with potentially infectious material



### **Hygiene Hint**

*According to the CDC, clean hands are one of the most important factors in preventing the spread of dangerous germs and antibiotic resistance in healthcare settings.*



**Foodservice in Healthcare** | When it comes to serving meals in healthcare, follow FDA guidance on the proper use of gloves. Keep in mind, gloves are not a substitute for good hand-hygiene. If a task requires direct contact with ready-to-eat food, employees should wash their hands and the exposed portions of their arms for 20 seconds before touching food or food-contact surfaces. Hands should be washed immediately after removing gloves.<sup>5</sup>

Share these hand-washing and hand-sanitizing guides to educate patients and visitors on hygiene.



### **Hand Washing Guide**

[View the Steps](#) →



### **Hand Sanitizing Guide**

[View the Steps](#) →



### **Hand Hygiene Routines**

[View the Steps](#) →

✔ Take Action

# Sanitization



It's critical to frequently clean and disinfect throughout the healthcare environment. Reception desks, nurses' stations and high-touch items - like elevator buttons - all require due diligence. Cleaning and disinfecting several times during the day with EPA-approved products helps improve healthcare hygiene.

Kimberly-Clark Professional offers disposable cleaning cloths as a more hygienic alternative to reusable cloths. We also offer pre-saturated sanitizing wipes for hard, non-porous surfaces and a closed-bucket wiping system for critical tasks.



### **Hygiene Hint**

*93% of sampled laundered towels used to clean hospital rooms contained bacteria that could result in healthcare-associated infections (HAIs), according to a 2013 study published on the AJIC.*



Get greater insight into hygiene and sanitization for healthcare settings.



**Laundered Towel Contamination Risks, Facts and Considerations**

[View Info →](#)



**St. Joseph's Hospital Case Study Showing ATP Reduced by 84.7%**

[View Info →](#)



**WHO Infection Prevention and Control Guidelines**

[View Info →](#)

✔ Take Action

# Communication



One key component to successful healthcare hygiene is communication. Staff and patients at your facility are relying on leadership to prioritize hygiene in critical times. They need to know what's being done and what's expected of them via clear, detailed and thoughtful announcements about cleaning and hygiene measures. **Print and display the following visual cues to inspire a sense of security and encourage cooperation.**



**Hand Washing  
Reminder Signage**

[Print Now](#) →



**Safe Distance  
Reminder Signage**

[Print Now](#) →



**Hygiene Etiquette  
Reminders from the CDC**

[Print Now](#) →

✔ Take Action

# Assessment



To set up a successful hygiene strategy, there are essential items to consider. Note your level of preparedness in each of these areas, then determine your action steps. For more guidance, connect with a Kimberly-Clark Professional Sales Representative to **arrange a virtual hygiene site walk.**

# Assess Your Situation

To set up a successful hygiene strategy, there are essential items to consider.

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Critical action areas

● Unprepared

● Needs Improvement

● Prepared

<p>1. <b>Frequent hand washing encouraged for all guests &amp; staff:</b></p> <ul style="list-style-type: none"> <li>• Best practices shared via clear messaging</li> <li>• Visual cues posted as frequent reminders</li> <li>• Sinks well-stocked with hand soap &amp; single-use paper towels</li> </ul>			
<p>2. <b>Hand sanitizer (60%–95% alcohol) available in high-traffic hotspots throughout the facility:</b></p> <ul style="list-style-type: none"> <li>• Entrances, waiting rooms, near restrooms, doors with handles, etc.</li> </ul>			
<p>3. <b>Restrooms equipped with systems that provide reduced risk of contamination for patients, staff &amp; visitors</b></p>			
<p>4. <b>Hand-drying process optimized for hygiene:</b></p> <ul style="list-style-type: none"> <li>• Disposable paper towels</li> <li>• Fully enclosed dispensers</li> <li>• Consider touchless technology</li> </ul>			



# Get Restroom Hygiene Right

Seven out of ten patients and hospital guests rate “perception of cleanliness” as extremely important to their hospital stay experience, even over quietness and staff engagement. Trends show familiar brands like Kleenex® and Scott® are preferred by consumers. With Elevated Scott® Design now on every sheet of our best performing towel and toilet paper products, patients and users can easily recognize the quality they know and trust. Consider these key restroom opportunities:

## Optimize your hand drying method.



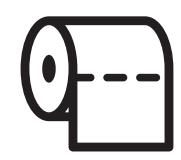
Kimberly-Clark Professional single-use towels help reduce the spread of germs. Their highly absorbent material means it takes fewer towels to dry hands. Our portfolio includes hard-roll and folded towels, ideal for high-capacity areas. Space-saving and efficient dispensers, with touchless technology options, provide the solutions that suit your needs.

## Maximize soap and sanitizer.



Keep hand soap in good supply to encourage proper hygiene. We deliver rich formulas containing moisturizers that help condition skin, promoting good hand hygiene and increasing satisfaction. For an extra germ-killing step, provide sanitizers with at least 60% alcohol.

## Prioritize your toilet paper needs.



Kimberly-Clark Professional offers hygienic, fully enclosed toilet paper dispenser options, plus disposable seat covers with dispensers that are fully enclosed for sanitation. We also offer options for maximum efficiency, as well as brands that deliver a more home-like comfort.

## Expert Insights

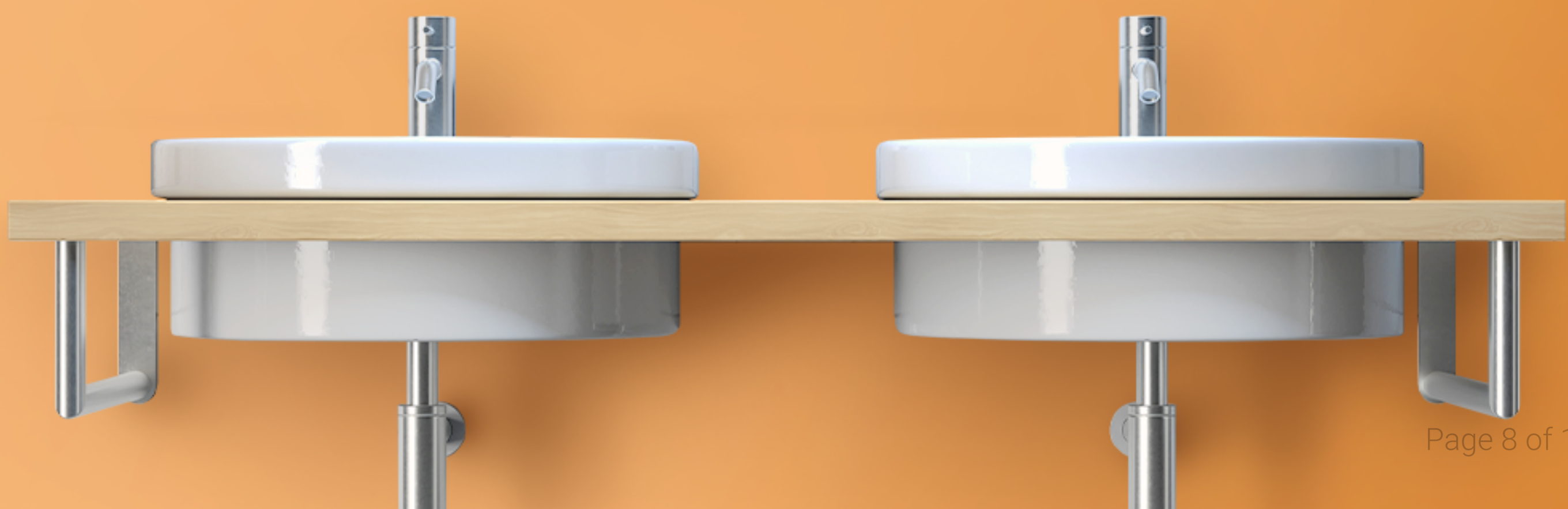
A study by the Mayo Clinic determined that paper towels should be recommended in locations where hygiene is paramount, such as hospitals and clinics.

[Get the Facts](#) →



### Hygiene Hint

*Drying with paper towels can remove up to 77% of bacteria that remain on hands after washing.*





## We've Got You Covered

Whatever your healthcare hygiene needs, Kimberly-Clark Professional has a range of solutions and bundles to help you create a cleaner, more hygienic spaces.

Discover our recommended products and the areas where you'll find them most useful.

Public Restrooms

Patient Rooms

Nurses' Stations

Cafeterias

Common Areas

### Scott® Pro™ Electronic Roll Towel System

29739/25700



Designed to take hand hygiene to another level. The dispenser is 99.99% jam-free\*, so you can count on its reliable, touchless operation.

### Scott® Pro™ Electronic Skin Care System

32508/91592/91590



Easy-to-load, hygienic, enclosed system offers high-capacity 1.2L cassette. Foam Skin Cleanser with moisturizers provides a rich, creamy lather, while killing 99.9% of germs on hands in 15 seconds.

### Scott® Pro™ High Capacity Coreless Tissue Dispenser

44519/47305



Our longest single-roll bathroom tissue system delivers 1,100 sheets of two-ply bathroom tissue per roll. It offers 100% roll utilization with 10% more sheets per case than the industry standard.

### Scott® Control™ Hygienic Bath Tissue System

40407/48280



Hygienic, no-touch dispensing design. Install near entry/exits to help provide a hygienic barrier and disposable solution for opening and closing doors.

### WypAll® X60 Cloths

34790



A versatile reusable cloth to replace assorted rags; absorbs 2X faster than rags for efficient cleanup.

### Kimtech™ Wipers for the WetTask™ System

06411



Closed-bucket wiping system for saturated wiping with sanitizers, bleach and disinfectants — just pour in the cleaner you choose.



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### Scott® Control Slimroll Electronic Towel System

47259/47035



Compact, touchless dispensing system to promote hand hygiene. Provides more than 25% more hand dries.

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### Kleenex® Anti-Viral Facial Tissue

21286



Kleenex® Brand Anti-Viral<sup>††</sup> Facial Tissue has a treated middle layer that kills 99.9% of cold and flu viruses within 15 minutes.



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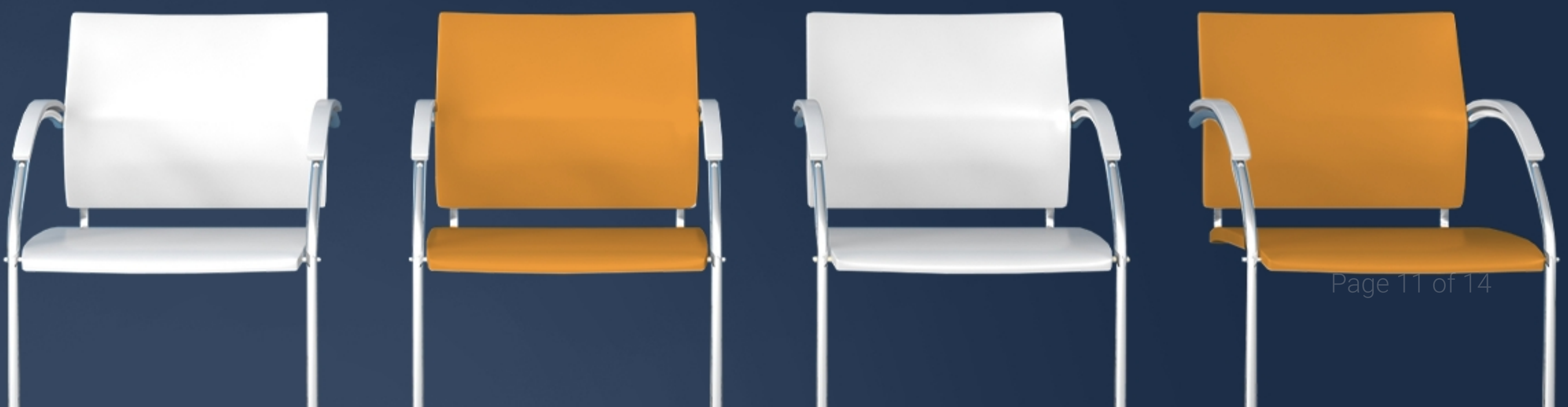
Closed-bucket wiping system for saturated wiping with sanitizers, bleach and disinfectants — just pour in the cleaner you choose.

## WypAll® L40 Towels

05701



Easily absorbs liquids, lubricants and oils.



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## WypAll® Foodservice Cloths

51636



Made with high-tech HydroKnit™ fast-absorbing material. Suitable for all common cleaning and sanitizing tasks in foodservice industries. Strong enough for extended use.



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## Plan Your Virtual Hygiene Site Walk

Our experts are here to guide you every step of the way in choosing the right mix of products and solutions for your facility. We will:

- Identify key areas to consider hygiene upgrades
- Recommend the right mix of germ fighting solutions for your facility
- Share tips and best practices on communicating changes and gaining compliance

Contact Us

## Take Their Words for It

These additional resources from trusted experts can help get you started.

**Learn more with the CDC's  
Guidance for Healthcare Facilities**

[Read Now](#) →

**Explore OSHA's Guidance  
on Preparing Workplaces for  
COVID-19**

[Read Now](#) →

**Read info from the CDC  
about Using Telehealth to  
Expand Access**

[Read Now](#) →

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### References

1. <https://www.cdc.gov/hai/data/portal/index.html>
2. Borchgrevink, C.P., Cha, J. and Kim, S., 2013. Hand washing practices in a college town environment. Journal of environmental health, 75(8), p.18.; Hand Washing Practices in a College Town Environment, Journal of Environmental Health
3. Source: [https://www.ajicjournal.org/article/S0196-6553\(13\)00117-X/fulltext](https://www.ajicjournal.org/article/S0196-6553(13)00117-X/fulltext)
4. Source: <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>
5. Source: <https://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>