

CAREGIVERS: STEPS TO STAY HEALTHY AND REDUCE THE SPREAD OF INFECTION

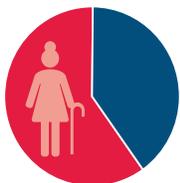
Caregivers must take extra caution

It is vital that caregivers practice good hygiene and stay healthy so they can fulfill their duties and prevent spreading illness to those they care for.

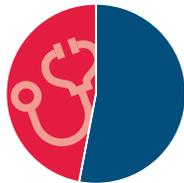


53 million caregivers in the U.S. provide unpaid care to family, friends or neighbors who need assistance due to the effects of aging or a disabling condition.²

Most caregivers provide care to a person with at least one risk factor for severe complications from infections like the flu:¹



66% of care recipients are **over the age of 65.**²



47% of caregivers care for someone with a condition that puts them at **increased risk of severe health complications.**³

Caregivers might also be at an increased risk for illness themselves.



Caregivers have a **15% lower level of antibody responses**, which is how the body fights off infections.⁴



Caregivers have **23% more stress hormones**, which have been shown to negatively impact immune function.^{4,5}

Steps caregivers can take to protect themselves and those they care for from infection



Follow CDC guidance—wear a face mask in public and practice social distancing to help prevent the spread of COVID-19.⁶



Get plenty of sleep—adequate sleep has been shown to boost the immune system.⁷



Avoid touching your face. Cough and sneeze into your elbow or a tissue and ensure those you care for do the same.⁸



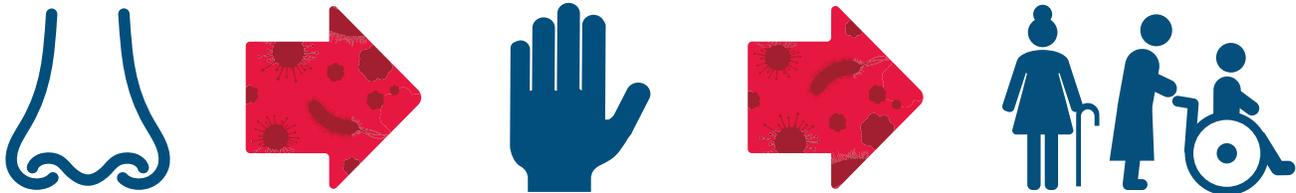
Wash your hands regularly with soap for at least 20 seconds. If soap and water isn't available, use an alcohol-based sanitizer with at least 60% alcohol.⁹



Sanitize your nose and encourage others to do so regularly with a product formulated to kill germs in the nose.

Why sanitize the nose?

- The warm, moist, hairy skin inside **the nose is the perfect environment for potentially dangerous germs to multiply** and create a relatively hidden reservoir of infection risk.
- **The nose is a primary point where germs enter and leave the body.** Of course, we can breathe in germs, but we also touch our noses 100 times a day on average.¹⁰ Each time you touch your nose, it can acquire germs from your hands—and if you touch your nose with clean hands, germs can spread from your nose to your hands and then to others.



- **Sanitizing the nose interrupts this cycle of contamination by killing germs at the source** and is a safety measure recommended by the CDC and used in hospitals as a proven method to reduce infections.¹¹⁻¹³



- **Products that are clinically proven and used in hospitals include:**

- Nozin® Nasal Sanitizer®
alcohol-based antiseptic
- Iodine-based nasal antiseptic
(3M® and other brands)
- Mupirocin topical antibiotic
(Bactroban® and others)

Out of these, Nozin® Nasal Sanitizer® antiseptic is available over the counter and recommended by health professionals for daily use.



Help protect yourself and others.
Scan here to learn more at [SanitizeYourNose.org](https://www.sanitizeyournose.org)

*References 1-13 available at: www.sanitizeyournose.org/caregiver

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