SANITIZE YOUR **NOSE**
The other half of prevention

WHY SANITIZE YOUR NOSE?

Most people know that washing or sanitizing your hands removes germs and can help prevent infection, but many do not realize that the nose also harbors many germs. In fact, the nose is a hot spot for germs—the warm, moist, hairy skin inside nostrils is the perfect environment for potentially dangerous germs to grow and multiply.

Fortunately, you can kill germs in the nose by sanitizing your nose. **Together with hand hygiene, sanitizing your nose can help shield you and others from getting sick. It is the other half of prevention.**

Only **3 in 10** Americans recognize that sanitizing their nose can reduce the risk of infection...

...compared to **9 in 10** who recognize that sanitizing their hands can reduce infection risk.[1]

HOW GERMS SPREAD

There are many different types of germs in your nose. These can include potentially pathogenic, or disease-causing, microorganisms.

The nose is one of the body's primary gateways for germs. Each time you touch your nose, you can acquire germs from your hands.

Touching your nose can also transmit germs from your nose to your hands and then to others.

Two common infection-causing microorganisms often found in the nose[2] are:
- **Staphylococcus aureus**—Commonly known as "staph," can cause staph infections and is found in nearly 1 out of every 3 Americans. While most are asymptomatic carriers, i.e., they carry the bacteria but do not experience infection or any symptoms, they can spread the bacteria to others who may be more susceptible to infection
- **Streptococcus pneumoniae**—Can lead to pneumonia, sepsis and meningitis. Nearly 10% of adults and 65% of children are asymptomatic

SANITIZING YOUR NOSE KILLS GERMS AT THE SOURCE

Sanitizing the nose interrupts the cycle of contamination between hands and nose and has been proven to reduce infections in hospitals.

Health care professionals have long recommended that patients' noses be sanitized, referred to as "nasal decolonization" in the health care setting, before major surgeries and during periods of heightened vulnerability to reduce the risks of infections. CDC refers to this practice as "source control," which addresses the germs in the nose as the source of contamination and infection.

CDC issued recommendations in 2019 for health care providers to carry out nasal source control for all patients in critical care units, all patients with indwelling lines (e.g., catheter) and all those undergoing major surgeries.

44% reduction in intensive care unit infections after sanitizing the noses of all patients.[3]

81% reduction in surgery-related infections after adding nasal sanitizing to existing infection prevention protocols.[4]

74% reduction in hospital infections after adding nasal and hand hygiene for all patients.[5]

Sanitizing your nose with a nasal antiseptic is a safe, effective and simple way to help protect yourself and others.

Not all nasal products sanitize your nose. You need a product that is proven to kill germs and formulated for daily use in the nose. The chart below outlines the three solutions currently available that are proven to kill germs in the nose.

	Alcohol-based nasal antiseptic*	Povidone iodine nasal antiseptic	Mupirocin antibiotic
	Clear/orange liquid	Brown thick liquid	Cream/ointment
Kills germs on contact	●	●	
Available without prescription	●	●	
Kills broad spectrum of germs	●	●	
Doesn't stain skin	●		●
Formulated for daily use	●		
Convenient to apply	●		

*The CDC recommends that when using hand sanitizer, select a product that contains at least 60% alcohol, as those are more effective at killing germs. This is also important to remember when selecting a product to sanitize your nose.

It's important to note that the following types of nasal products you may find at the store do not sanitize the nose, as they do not kill germs in the nose.
- Nasal sprays and saline solutions for nose dryness, congestion or inflammation
- Nasal irrigation products that flush out mucus and debris from the nose
- Steam or humidifiers that help loosen the mucus in the nasal passageways

Help protect yourself and others by sanitizing your nose and making it part of your regular routine.

To learn more, visit SanitizeYourNose.org

[1] National online survey of 1,301 adults conducted by YouGov on behalf of Nozin®, May 2020. Survey figures have been weighted and are representative of all US adults (aged 18+).
[2] Kumpitsch, C., Koskinen, K., Schöpf, V.et al. (2019). The microbiome of the upper respiratory tract in health and disease. BMC Biology, 17, 87. https://doi.org/10.1186/s12915-019-0703-z
[3] Huang, S., Septimus, E., Kleinman, K. et al. (2013). Targeted versus universal decolonization to prevent ICU infection. New England Journal of Medicine, 368, 2255–2265. https://www.nejm.org/doi/full/10.1056/nejmoa1207290
[4] Mullen, A., Wieland, H.J., Weiser, E.S., Spannhake, E.W., & Marinos, R.S. (2017). Perioperative participation of orthopedic patients and surgical staff in a nasal decolonization intervention to reduce Staphylococcus spp surgical site infections. American Journal of Infection Control, 45(5), 554–556. https://doi.org/10.1016/j.ajic.2016.12.021
[5] Jimenez, A., Sposato, K., Leon-Sanchez, A., et al., (2019) Reduction of Hospital-Onset Methicillin-Resistant Staphylococcus aureus (MRSA) Bacteremia in an Acute Care Hospital: Impact of Bundles and Universal Decolonization; presented at ID Week: https://www.eventscribe.com/2019/posters/IDWEEK/SplitViewer.asp?PID=NTI2NDE3OTU4NDQ