

Fight Bathroom Germs Linked to CVC and PDC Infections



Ever wonder what that pink film in your bathroom sink or shower is? It's a type of bacteria (germ) called "pseudomonas organism" that's found commonly in water, and can cause central venous catheter (CVC) and peritoneal dialysis catheter (PDC) infections. To prevent this bacteria from living in your bathroom and help protect against infections, treat your bathroom to a weekly cleansing.

What you'll need:

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| <input type="checkbox"/> Household bleach | <input type="checkbox"/> Sponge |
| <input type="checkbox"/> 1 measuring cup | <input type="checkbox"/> Small bowl (if hand-held shower head) |
| <input type="checkbox"/> 1 teaspoon | <input type="checkbox"/> Spray bottle (if attached shower head) |
| <input type="checkbox"/> Rubber gloves | |

1. Start by making a bleach cleaning solution. Mix 1 teaspoon household bleach with 2 cups water.
2. Wearing rubber gloves and using a sponge, apply the cleaning solution to the shower head, shower walls, faucet spout and any other areas where water may sit or pool.
 - For a hand-held shower, soak the shower head in a bowl of bleach solution.
 - For fixed shower heads and faucet spouts, spray the area with the bleach solution.
3. Rinse and dry with a clean rag/towel.