

Decolonisation scheme

Body and hair wash (1x daily)	Daily showering with disinfecting shower gel (e.g. Hibiscrub® or Octenisan®), exposure time 3 min. Then dry skin and hair with a freshly washed cloth (60 °C)
Prontoderm® Nasal Gel or Mupirocin Nasal Ointment (3x daily)	Clean out both nasal cavities with a cotton swab
Chlorhexidine mouth rinse 0.2% (3x daily)	Always after brushing your teeth. Do not take anything for 20 minutes afterwards. Replace or disinfect toothbrush daily. Place dentures in the chlorhexidine mouth rinse for 5 minutes, then allow to air dry for 20 minutes
Personal belongings	<ul style="list-style-type: none">· Change all linen daily (clothes, bed linen, bath towels), wash at 60°C· Use disposable razors, dispose of old razors· Do not use lip balm or lipstick· Dispose of ointments/creams in pots, tubes can be kept· Dispose of make-up, avoid make-up if possible· Dispose of deodorant roller, use deodorant spray only· Dispose of soap bars, use liquid soap only· Disinfect glasses, comb, hairbrush, hair clips, wristwatch, razor, jewellery, piercings daily (e.g., with Melseptol® Wipes)
Surface disinfection (ethanol 70-80%)	Wipe down daily used surfaces (shower cubicle, bathtub, lavabo)