



Our Lady of Prompt Succor Nursing Facility

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Information for Residents

In order to promote your health and well-being, we offer the following guidelines:

- Drink extra fluids especially warm fluids like tea, soup, etc. Drink a sip of warm water about every 30 minutes during the day to keep your mouth moist and clean.
- Gargle your mouth a couple times a day with warm salt water or Listerine or other type of mouth wash. You can dilute the mouthwash with some warm water to better cleanse the mouth area.
- Wash your hands frequently during the day with soap and warm water. Moisturize your hands after washing to maintain skin tone and integrity.
- Keep your room temperature around 72 degrees with the curtains open during the day to allow the sunshine and warmth into your room.
- Keep your nails short, edges smooth, and clean at all times.
- Place your used clothes daily in the hamper to be washed. Do not shake your clothes when taking them off – fold them and put them in the container.
- Take special care to keep your room as organized as possible so housekeeping can easily clean all areas. Remove from your room any collections of newspapers and magazines. Housekeepers need to wipe down surfaces in your room each day. Do not attempt to dust your own room. We will assist, if needed, in organizing your room.
- If you have a refrigerator, remove all food from your refrigerator that is not dated or is beyond the expiration date. We will assist, as needed, with cleaning your refrigerator.
- If you make your own bed, do not shake the linens when your fixing your own sheets, blanket, or bed cover.
- If you have any soreness in your throat, please immediately notify your nurse.
- Remember to stay 6 feet apart to prevent the spread of germs.

To protect our residents, all staff will wear face masks in resident care areas.

We continue to pray for our residents, staff, and all in health care that our good and gracious God will keep us safe and free of the virus.

Many blessings to all!
PSNH Administration