

GERMS ARE EVERYWHERE!

Spread the Word, Not the Germs. Make Hand Hygiene Contagious!

Hand hygiene is the act of cleaning your hands with soap and water or using an alcohol-based hand sanitizer.

Alcohol-based hand sanitizer is a quick and effective way to clean your hands; please use soap and water when your hands are visibly dirty.

Cleaning your hands is one of the best ways to avoid getting sick and spreading germs to others.

Germs are everywhere (including on our skin and hands) and anyone can get an infection, but people on dialysis are more likely to get a serious infection.

As a person on dialysis, you can stay healthy by performing hand hygiene inside and outside of the dialysis facility.

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PREVENTING INFECTION IS IN YOUR HANDS



Hand Hygiene Information for People on Dialysis When Outside the Dialysis Facility

DIALYSIS ACCESS

Your access is your lifeline and keeping it free of germs is critical. Germs are everywhere, including on your hands! Some examples of times to clean your hands to keep your access free of germs are before and after:

- Touching your access
- Removing your fistula or graft bandage
- Caring for your catheter and/or changing the dressing



OUTDOOR ACTIVITIES

Staying active is an important part of being healthy. Germs are everywhere, including in the soil and on surfaces in the environment! Some examples of when you should clean your hands include after activities such as:

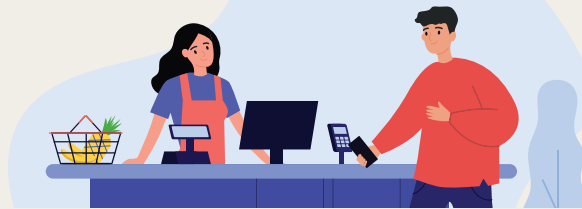
- Exercising
- Gardening
- Caring for your lawn



IN THE COMMUNITY

Taking part in community activities improves health and happiness. Germs are everywhere, including on surfaces in the community! Hand hygiene should be performed after activities such as:

- Visiting friends/family
- Shopping
- Attending an event such as a movie
- Eating out at restaurants



IN THE HOME

You should clean your hands as soon as possible after you return home.

Also, when in our own homes we are very comfortable, but we need to remember that germs are everywhere, even here! Some examples of when to clean your hands in your home are before and/or after:

- Using the restroom
- Coughing and sneezing
- Caring for others
- Caring for pets
- Household chores such as:
 - » Preparing food
 - » Handling trash
 - » Handling dirty laundry



✓ Hot Tip

Clean your hands after touching anything that someone else may have touched. For example, an ATM or a grocery cart.

