

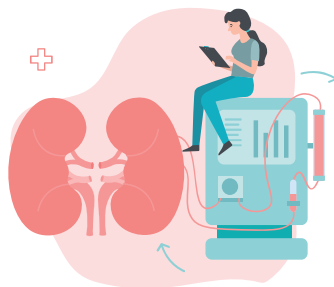


# PREVENTING INFECTION IS IN YOUR HANDS

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

Hand hygiene is the act of cleaning your hands with soap and water or using an alcohol-based hand sanitizer. It is one of the best ways to avoid getting sick and spreading germs to others. We need to remember that germs are everywhere.

Some examples  
of times when  
you should  
perform hand  
hygiene include:



## ACCESS RELATED

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



## OUTDOOR ACTIVITIES

- Exercising
- Gardening
- Caring for your lawn



## IN THE COMMUNITY

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



## IN THE HOME

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

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