YOU HAVE A VOICE

PROTECT YOURSELF BY ASKING QUESTIONS

Clean your own hands and ask everyone to do the same.

It’s important to ask your healthcare providers questions about your healthcare, such as:

"I didn’t see you clean your hands when you came in, would you mind cleaning them again before you examine me?"

"I’m worried about germs spreading. Will you please clean your hands once more before you start my treatment?"

If you are a home dialysis patient, ask your visitors to clean their hands too:

"You cleaned your hands a while ago when you got here, but could you please clean them again? It would help put me at ease."

Learn more at: www.cdc.gov/HandHygiene

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CLEAN HANDS COUNT FOR YOUR PROTECTION

Did you know...?

- Cleaning your hands is a great way to protect yourself from serious infections.
- Every patient is at risk of getting an infection while they are being treated for something else.
- Preventing the spread of germs is especially important in dialysis centers and other facilities such as hospitals and nursing homes.

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What is alcohol-based hand sanitizer?

- A product that kills germs on the hands.
- It should contain 60% to 95% alcohol.

Use alcohol-based hand sanitizer:
- When hands do not look dirty.
- If you have a C. difficile infection.
- Before eating and after using the restroom.

Use soap and water:
- When hands look dirty.

When to Clean Your Hands

- After touching the dialysis chair, remote controls, or surrounding equipment.
- Before and after changing bandages.
- After blowing your nose, coughing, or sneezing.
- Before and after touching your eyes, nose, or mouth.

When using alcohol-based hand sanitizer:

- Put product on hands and rub hands together.
- Cover all surfaces until hands feel dry.
- This should take around 20 seconds.

People often miss certain areas when cleaning their hands using alcohol-based hand sanitizer:

- FINGERTIPS
- BETWEEN FINGERS
- THUMBS

What if I have a C. difficile infection?

- C. difficile, or C. diff, causes severe diarrhea.
- If you have a C. diff infection, you should wash your hands with soap and water.
- Your healthcare providers should wear gloves while caring for you.

Healthcare providers and caregivers need to clean their hands:

- Every time they approach your chair and when they remove gloves.
- Wearing gloves alone is not enough to prevent the spread of infection.