

Pledge for Clean Hands

To Help Keep Each Other Safe

As a dialysis patient, it is okay for me to speak up for clean hands.

Washing your hands with soap and warm water for at least 20 seconds is the most effective way to prevent the spread of diseases like the flu, cold, and COVID-19.

When should I wash my hands?

After:

- Blowing your nose, coughing, or sneezing
- Touching common surfaces like remote controls, doorknobs, or the phone

Before and after:

- Eating
- Entering the dialysis treatment room
- Touching your eyes, nose, mouth, or face

Before:

- Leaving the bathroom



When should I ask others to perform hand hygiene?

After:

- Contact with medical equipment or the dialysis machine
- Direct contact with blood or body fluids
- Removing gloves

Before and after:

- Touching any patient

Before:

- Touching your vascular access
- Touching a dialysis catheter
- Handling medication

Your healthcare team supports this effort and cares about your health. Speak up and remind us to keep our pledge for clean hands.



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