

# Make clean routine

## CLEAN HANDS WILL PROTECT YOU FROM GERMS AND INFECTIONS

Kidney disease can interfere with your body's natural immune system and make you prone to infections. That's why it's important to practice proper hand hygiene at all times. Keep your hands clean by scrubbing thoroughly with soap and warm water for 40-60 seconds or you can use an alcohol-based hand sanitizer.

### Always clean your hands:

- // When your hands look or feel dirty
- // After using the restroom
- // Before and after eating
- // After blowing your nose, coughing or sneezing
- // After touching common items like remote controls, doorknobs and phones
- // Before and after contact with other people at places like the grocery store, the bank or visiting friends
- // Before and after any food preparation, first aid or general housework

### Avoid infection before, during and after dialysis treatment



#### WHEN YOU'RE AT THE DIALYSIS CENTER

Wash your hands thoroughly before your treatment, and before you leave. Ask your care team to wash their hands before, during and after dialysis treatment too.



#### WHEN YOU'RE HOME

Always wash your hands before touching your access site and make sure others do too.



#### KEEP YOUR HANDS CLEAN

Washing your hands regularly is the best way to prevent the spread of germs.  
Learn more at [FreseniusKidneyCare.com/avoidinginfections](https://www.freseniuskidneycare.com/avoidinginfections)