

PEP CONNECT

PATIENT
EDUCATION
PROGRAM

Hand Washing and Washing Your Fistula or Graft

As part of your health care team, there are several things you can do for your own safety and to protect yourself from an infection.

Germs **Bacteria** **Viruses**

Germs, bacteria and viruses are organisms that can carry infectious disease and make you sick. They are tiny and cannot be seen without using a microscope. They can enter the body through the mouth, nose, eyes or an opening on the skin.

Why should you wash your hands?

Because germs, bacteria and viruses are found everywhere on your hands, in the air and on any surface you touch including your cell phone.



Hand washing is the best way to prevent the spread of infection, according to the U. S. Centers for Disease Control and Prevention (CDC).

A weakened immune system can make it easier for you to get sick because it is less able to fight off infections. People with kidney disease have a weakened immune system.

Greenfield Health Systems

Dedicated to Dialysis

Good personal hygiene can keep you safe and protected from infections.

Hand washing sinks are available in the clinic area of the unit.

You should wash your hands before and after treatment if you are on home peritoneal dialysis or hemodialysis. Your care team will teach you about hand hygiene. If you are on peritoneal dialysis your home nurse will instruct you.

- Hands if visibly soiled should be washed with soap and water.
- If not visibly soiled, soap and water or an alcohol-based hand rub may be used.

Watch the 7 minute video “Preventing Infections in Dialysis”.

Make sure your care team members clean their hands. It is okay if you ask them to wash their hands before they assist you.

Get rid of germs by washing your hands



1. Wet hands



2. Use liquid soap



3. Lather & rub for 15 seconds (equal to one verse of “Happy Birthday”)



4. Rinse



5. Towel dry hands



6. Turn off faucet with towel

Cover your mouth and nose when you sneeze or cough. Germs can travel and many diseases are spread this way.

- Use a tissue or cover your mouth and nose with the bend of your elbow or your hands. After coughing or sneezing throw away used tissues and wash your hands before touching anything else.

If you are sick, avoid close contact with others.

Get vaccinated (**flu, pneumonia and Hepatitis B**) to avoid infection.

If you are on hemodialysis, why should you wash your fistula or graft before dialysis?

As part of the treatment team you should wash your fistula or graft before dialysis to prevent infection. It is very important that you clean the germs from your access site before the needles are placed. The technician or nurse will also clean this area.

You may use the same sink to wash your hands and fistula or graft.

Wash your fistula or graft

 1. Wet arm	 2. Use liquid soap	 3. Lather & rub for 15 seconds
 4. Rinse	 5. Towel dry	<p style="text-align: center;">Remember to turn off the faucet with the towel!</p>

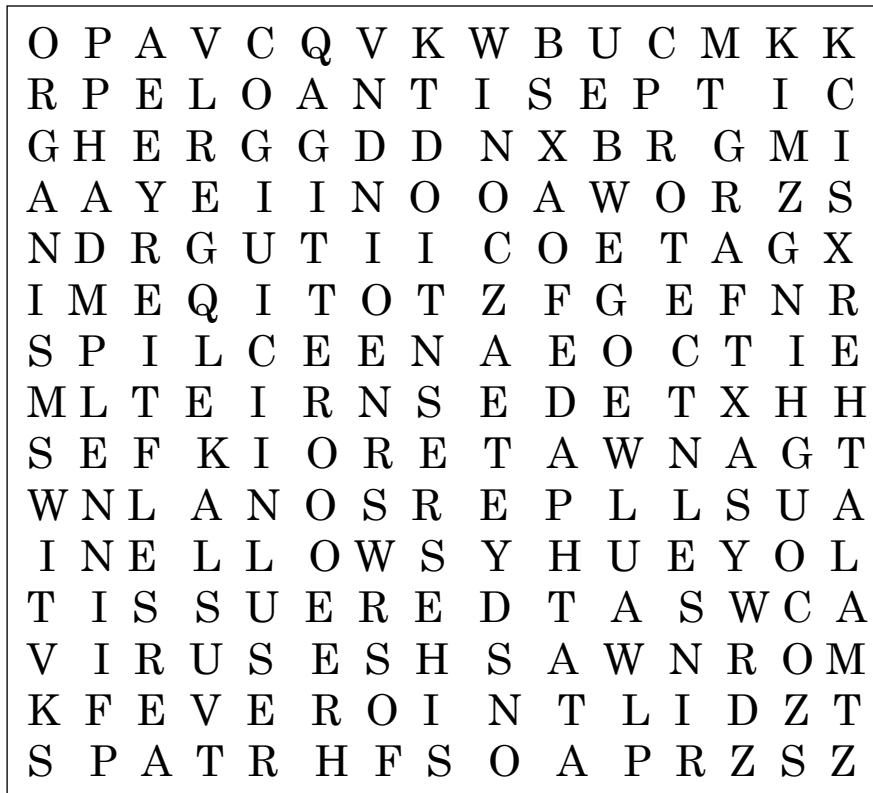
How can you tell if you might have an access site infection?

Inform your care team if you notice any of the signs of infection, fever or if the access site is painful, swollen, red or has pus.

Remember, good personal hygiene can keep you safe and protected from germs.

PEP CONNECT WORD SEARCH

This word search contains “**prevent infection**” words listed below, which may run backwards, forwards, horizontally, vertically or diagonally in the grid. Can you locate all the words?



ANTISEPTIC
BACTERIA
CLEAN
COUGHING
FEVER
FISTULA
GERMS
GOOD
GRAFT
HANDS
HYGIENE

INFECTIONS
LATHER
LIQUID
ORGANISMS
PERITONEAL
PERSONAL
PROTECT
RED
RINSE
SAFE
SNEEZING

SOAP
SOILED
SWOLLEN
TAPS
TISSUE
TOWEL
VIRUSES
WASH
WATER
WET