

## Clean Hands Can Save Lives!

It's okay to ask your healthcare providers if they have washed their hands. If you haven't seen them wash, go ahead and ask them to do so. It doesn't matter whether they use soap and water or an alcohol-based hand cleaner. They know that good **hand hygiene is the best way to reduce infections in the dialysis center.** Now, so do you!

### *Your healthcare team should always complete hand hygiene **before**:*

- Touching you or any patient.
- Touching your vascular access.
- Moving from a potentially unclean body site to another, e.g., from a wound to touching a dialysis catheter.
- Handling medication.
- Preparing food.

### *Your healthcare team should always complete hand hygiene **after**:*

- Touching any patient.
- Contact with:
  - Body fluids.
  - Mucous membranes.
  - Broken skin.
  - Wound dressings.
  - Dialysate.
  - Surfaces and objects, such as medical equipment or the dialysis machine.
- Removal of gloves.

### *Your healthcare team is **required to**:*

- Wear gloves when caring for you or touching any equipment at the dialysis station.
- Remove gloves and complete hand hygiene between each patient or station.
- Change gloves often during patient care.
- **Wash hands with soap and water when hands or gloves are visibly soiled with:**
  - Blood.
  - Body fluids (i.e. urine, stool, or vomit)
  - Greasy substances.



**So pay attention, and gently remind staff if you observe improper hand hygiene.  
Remember, clean hands can save lives!**

To file a grievance, please contact HSAG: ESRD Network 15 at 800.783.8818 or [Grievances@nw15.esrd.net](mailto:Grievances@nw15.esrd.net).