

# 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 before treatment, and before you leave. Make sure your access site and arm are clean before treatment. Ask your care team to wash their hands before, during, and after treatment, too.



### When you're home

Always sanitize and 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)