



Help Us Find A Shining Star

Who helped you fight infection!

- Your healthcare provider (HCP) wore gloves and cleaned his or her hands between patients?
Yes No
- Your HCP wore gloves when touching your dialysis machine?
Yes No
- Your HCP cleaned his or her hands before providing care?
Yes No
- Your HCP cleaned his or her hands after taking off gloves?
Yes No
- Your HCP did an access check?
Yes No
- Your HCP scrubbed your access for one whole minute and let it dry before sticking?
Yes No
- Your HCP gave you a glove to hold your sites and you washed your hands after removing it?
Yes No



www.preventHALaz.gov

Who was your shining star today?



How can infections affect you?

Infections are the second leading cause of death among hemodialysis patients.

What can I do to help prevent these infections?

How to perform proper handwashing and access site cleansing:

- Wet hands and access site with water, apply soap, rub hands and/or site for at least 15-20 seconds.
- Rinse and dry with a disposable towel or air dry.
- Use a disposable towel to turn off the faucet.



How to use alcohol-based hand sanitizer properly:

- Apply sanitizer to the palm of one hand (read label for correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

The following recommendations can help prevent a healthcare-associated infection (HAI):

- Healthcare providers (HCPs) should wear gloves prior to contact with patients, treatment station and potentially contaminated surfaces.
- Your HCP should change gloves between patients and between clean and dirty sites on the same patient.
- Make sure that all healthcare providers clean their hands with soap and water or alcohol-based hand sanitizer before and after caring for you or your vascular access site.
- Your access site should be cleaned and allowed to air dry prior to access or sticking.
- Your dialysis station should be disinfected before and after each use.
- Let your HCP know right away if the area around the central line is sore or red, is draining (pus), or if the bandage becomes wet or dirty.
- Ask your HCP to explain why a central line is needed, how long it will be in place, and if you can use a fistula or graft for dialysis treatment.
- Make sure you are up-to-date on your vaccinations (influenza, hepatitis B, and pneumococcal) and talk to your healthcare provider if you have any questions.

Be sure to ask questions and discuss how to prevent infections with your HCP.



More information can be found at:

CDC's Dialysis Safety : www.cdc.gov/dialysis/

CDC's Hand Hygiene: www.cdc.gov/handhygiene/

ADHS HAI website: www.preventHAaz.gov

