

# Hand Washing

## Hand washing is important

Hand washing is the most important thing you can do to protect yourself from germs and keep yourself healthy.

Hand washing should be done before you:

- Gather your PD supplies
- Do your PD exchange
- Do your exit-site care

### Wash



- Use plenty of clean running water and pump soap
- Wash well between fingers and underneath nails
- Rub hands vigorously when washing

### Dry



- Dry your hands thoroughly with a disposable paper towel

### Do Not Touch Anything!



- Use a paper towel to turn off the faucets
- After washing, your hands are clean, not sterile
- Do not touch anything until you start your exchange
- If you do touch something, wash and dry your hands again

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Baxter Healthcare Corporation  
One Baxter Parkway  
Deerfield, IL 60015

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USMP/MG1/14-0134 09/14 (OPD 11/12) 4,000

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