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

Please note this is a general educational resource and is not a substitute for the advice provided by your own physician or other medical professional.