

# 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.

HANDWASHING 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.