

# Important Things to Remember

- Hands are the main source of germ transmission. Be sure to wash your hands or use hand sanitizer often.
- Get your annual flu vaccine and any other vaccinations recommended to you by your health care provider.
- Knowing how to care for your access site at home is important. Avoid scratching or picking at site. Know how to bathe with a catheter to prevent infection.
- Regularly cleaning surfaces in your home can help prevent the spread of germs.
- Clean clothes and hand washing are also important to stay healthy at home.
- Avoid close contact with sick family members or visitors in your home if they are not feeling well.
- Seek care immediately at first signs and symptoms of an infection (redness, swelling, warmth, drainage, or pain).

## Contact Us

### ND HHS Disease Control and Forensic Pathology

701-328-2378, 711 (TTY)

#### Resources

Centers for Disease Control and Prevention. (2023). Infection prevention and control for hemodialysis patients.

U.S. Department of Health and Human Services or [www.cdc.gov/dialysis-safety/about/?CDC\\_AAref\\_Val=https://www.cdc.gov/dialysis/patient/conversation-starter.html](http://www.cdc.gov/dialysis-safety/about/?CDC_AAref_Val=https://www.cdc.gov/dialysis/patient/conversation-starter.html)

Centers for Disease Control and Prevention. (2023). Hand hygiene in healthcare settings.

U.S. Department of Health and Human Services or [www.cdc.gov/clean-hands/hcp/clinical-safety/index.html](http://www.cdc.gov/clean-hands/hcp/clinical-safety/index.html)

National Kidney Foundation. (2020). Kidney Disease Outcomes Quality Initiative (KDOQI) clinical practice guidelines for vascular access and infection prevention.

National Kidney Foundation or [www.ajkd.org/article/S0272-6386\(19\)31137-0/fulltext](http://www.ajkd.org/article/S0272-6386(19)31137-0/fulltext)

U.S. Department of Health and Human Services. (2023). End-stage renal disease (ESRD) Network infection prevention toolkit.

U.S. Department of Health and Human Services. [esrdncc.org](http://esrdncc.org)

Association for Professionals in Infection Control and Epidemiology. (2022). Dialysis-specific infection prevention recommendations.

Association for Professionals in Infection Control and Epidemiology. [apic.org](http://apic.org)



## Dialysis Patients: Stay Healthy and Prevent Infections

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## Clean Hands Stay Safe

- Hand Hygiene Matters
- Wash your hands before and after each dialysis session.
- Use soap and warm water for at least 20 seconds.
- If soap/water aren't available, use an alcohol-based sanitizer.
- Ask staff if they have cleaned their hands before touching your access



## Wound Care

If you have a wound:

- Keep it clean and covered.
- Change dressings as instructed by care team.
- Watch for signs of infection: redness, swelling, warmth, drainage or pain.

**Call the clinic:** If your wound looks worse, drainage has changed, or you get a fever.



## Protect Your Access Device

- Clean hands stay safe
- Keep you access clean and covered between treatments.
- Avoid scratching or touching it unnecessarily.
- Don't get it wet (especially catheters or new fistulas)
- Report redness, swelling, warmth, or drainage to your nurse right away



## Keep Your Skin Healthy

- Healthy Skin = First Line of Defense
- Moisturize daily to prevent cracks and dryness.
- Avoid scratching or picking at skin or scabs.
- Check your body for cuts, rashes, or sores-especially around your access arm.
- Tell staff about any new bumps, redness or pain



## If You Have Diabetes:

Keep your blood sugars in target range

- Check your blood sugar as directed.
- Keep blood sugars in target range to help wounds heal.
- Check your feet daily for blisters, cuts, redness or sores.
- Wear clean, comfortable shoes; don't walk barefoot.
- Report any foot changes, numbness or slow-healing sores.



## 1 in 3

About one in three adults with diabetes (and one in five adults with high blood pressure) may have chronic kidney disease.