



# Tips to Stay Healthy During Cold, Flu, and COVID-19

## Wash your hands often!

Knowing when to wash your hands and how to wash your hands correctly can keep yourself and others around you healthy.

## When to wash your hands:

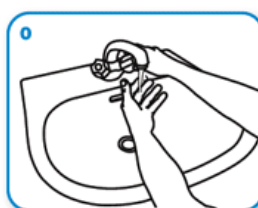
- Before preparing or eating food.
- Before touching your eyes, nose, or mouth.
- After using the toilet.
- After blowing your nose, coughing or sneezing.
- After touching dialysis clinic surfaces such as scale railing, bed rails, chair side tables, doorknobs, or remote controls.

It is important for you to know your healthcare workers are washing and sanitizing their hands at proper times.

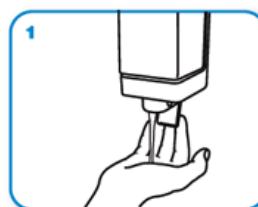
Here is when they should wash or sanitize:

- Every time they enter an area about 6 feet around you.
- Before putting on gloves.
- When they remove gloves.

It's ok to remind your care provider to wash their hands.



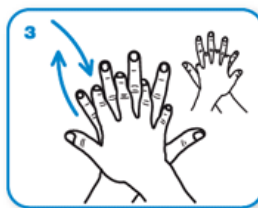
Wet hands with water



apply enough soap to cover all hand surfaces.



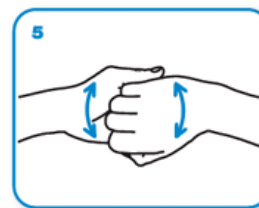
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



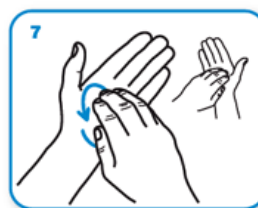
palm to palm with fingers interlaced



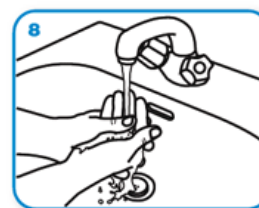
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



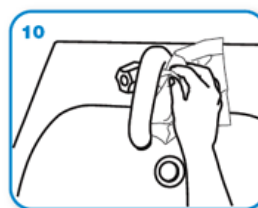
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



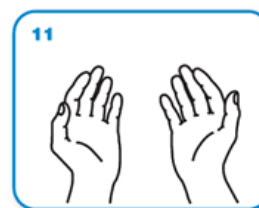
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.



## Sanitize surfaces you touch often!

Making sure your space is clean is another way to make sure you stay healthy. To prevent the spread of germs, clean the surface first with soap and water then sanitize using a cleaner listed below.

### Examples of sanitizing products:

- Lysol
- Purell
- Windex
- Simple Green
- Clorox Disinfecting products
- Bleach\*

\*Be sure to dilute bleach, 5 table-  
spoons to 1 gallon. Do not use on  
leather or cloth items such as  
couches, clothing, carpet, rugs,  
etc.

**NEVER** mix bleach with ammonia-  
the fumes are deadly

## Surfaces to clean and sanitize often:

- Doorknobs
- Light switches
- Handles (toilet, cabinet, refrigerator, etc.)
- Cabinet doors
- Phone and cell phones
- Tablets, laptops, computer keyboard and mouse
- Remote controls

