

OCTOBER

Infection Awareness

The holiday season will be here soon! To stay healthy so you can be home for the holidays, follow these tips:

- Wash your hands often.
- Wash your hands AND your access arm right before your treatment.
- Take care of your teeth. Tooth problems can lead to serious problems, even with your heart!
- Take care of your feet. Wear well-fitting shoes and wash feet daily.
- Get your vaccines. Vaccines can help protect you from the flu, pneumonia, and COVID.
- Avoid dialysis catheter if possible; catheters have the highest risk of infection.
- Report signs of infection such as fever, chills, new or worsening cough, redness, or drainage from dialysis access to your dialysis nurse.



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HEALTH SOLUTIONS



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