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.