

# PUNCH OUT INFECTIONS

## Patient Wallet “Punch Out Cards” to help Track Infections

Encourage patients to Grab a Punch Card and track the months they remain infection free, by “punching-out” the germ!

Print & Cut out the “Punch Out” Cards  
(Must be Printed Front & Back)

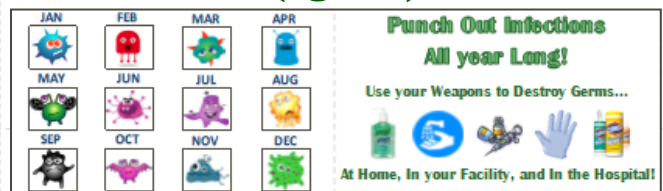
3 Wallet Card Options are Included:

Fold Out Wallet Card: (Pg. 3-4)



Quick Wallet Card Options:

(Pg. 5-6)



(Pg. 7-8)



Use the Punch Out cards in combination with the “Punch Out” Facility Calendar

(Paper or Poster Size)

(In Separate Document)



**Skip Page, Printing Purposes Only**

## Punch Out Infections

All year Long!

Use your Weapons to Destroy Germs... At Home, In your Facility, and In the Hospital!



[www.esrdnetwork.org/infection-detection](http://www.esrdnetwork.org/infection-detection)

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## ASK FOR SAFE CARE ASK FOR **CLEAN HANDS**



[www.cdc.gov](http://www.cdc.gov)

Ask for Clean Hands  
It could SAVE YOUR LIFE.  
Speak Up and make sure  
everyone around you has  
**Clean Hands to Protect  
Against Infections!**

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- TIPs:**
- ⇒ Wash your Hands & Use Alcohol Based Sanitizer Frequently
  - ⇒ Take Care of Your Access
  - ⇒ Get Vaccinated
  - ⇒ Watch & Report any possible Signs of Infection
  - ⇒ Stay Involved in Your Care & Speak up for Clean Hands



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## Can You Stay Infection Free All Year!?

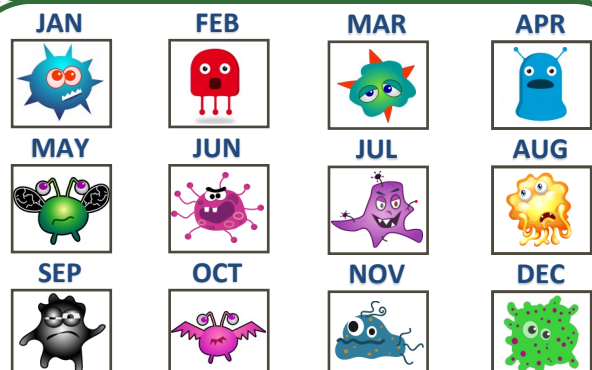
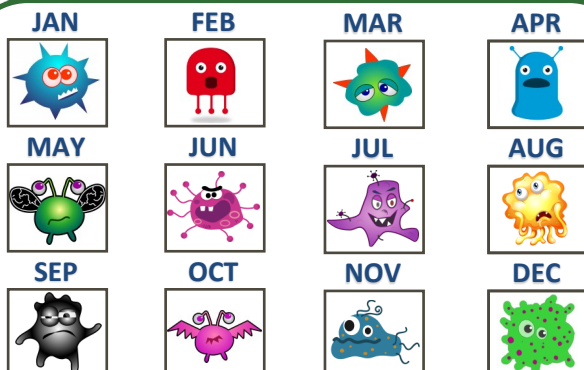


“Punch Out” the Germs below, for each month you Keep Yourself Infection Free!

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## Keep Your Access Healthy!

### Always Monitor Your Access, Its Your Lifeline!

If you do not know how to monitor your access,  
ask your Dialysis Care Team to Teach You!

**LOOK**



**LISTEN**



**FEEL**



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## Do I Have an Infection?!



### If you get an infection, you might notice:

- ⇒ Skin around your access may be red and warm
- ⇒ A persistent cough with fever (temperature two to three degrees above normal)
- ⇒ Skin bumps or boils
- ⇒ You're just "not feeling right"
- ⇒ Elevated blood sugar, if you have diabetes



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## If you think you have an Infection... It's Important to Take Action Quickly!!

If you see signs of infection, take action  
and alert your kidney care team of your  
symptoms!

Spotting an infection early can help you  
Avoid Serious Problems!!



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END STAGE RENAL DISEASE  
NETWORK OF TEXAS

## Infection Prevention is Everyone's Job!



[www.esrdnetwork.org/infection-detection](http://www.esrdnetwork.org/infection-detection)

For questions about our Infection Prevention Resources or QIA, Maryam Alabood. To file a grievance contact Network 14 at 1-877-886-4435 (phone), or 972-503-3219 (fax), or nw14info@allianthealth.org.



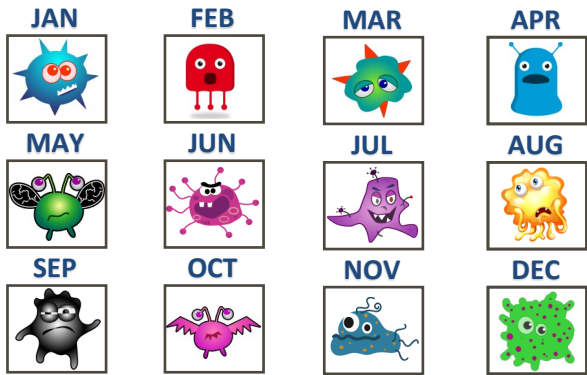
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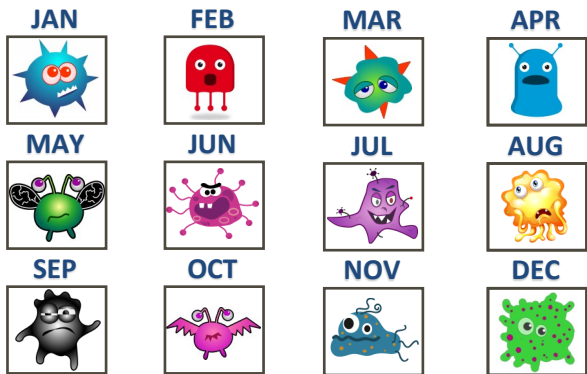


## Punch Out Infections All year Long!

Use your Weapons to Destroy Germs...



At Home, In your Facility, and In the Hospital!

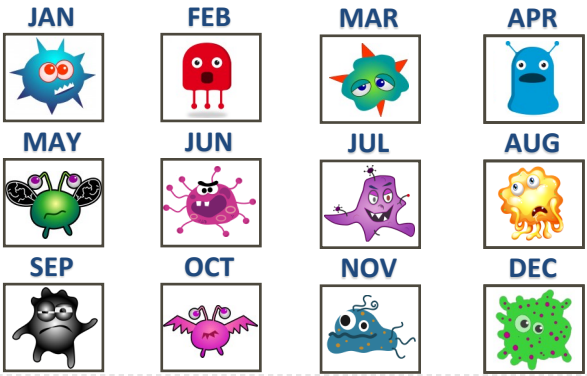


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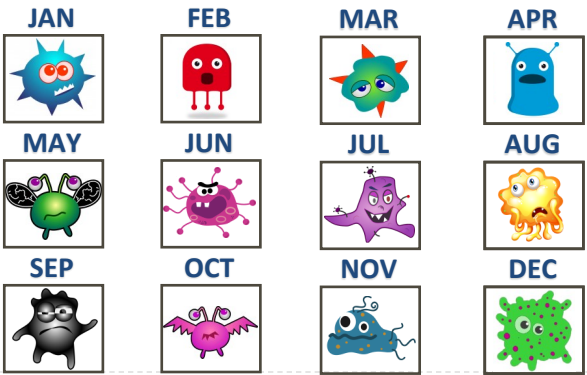


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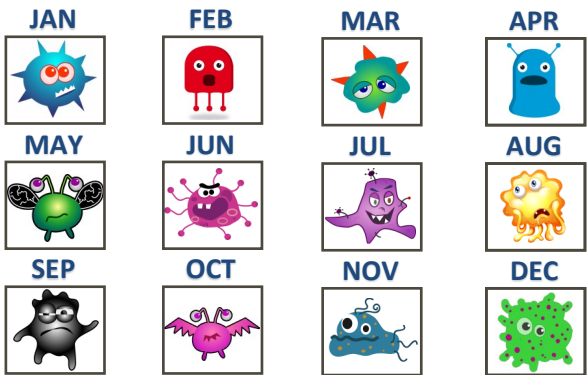


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- ⇒ **Keep Your Hands Clean**
- ⇒ **Get Vaccinated**
- ⇒ **Be Involved in Your Care**
- ⇒ **Take Care of Your Access**
- ⇒ **Watch and Report Any Signs of Infection!**

### **Can You Stay Infection Free All Year!?**

**“Punch Out” the Germ on the back, for each month you Keep Yourself Infection Free!**



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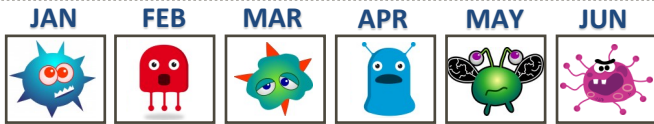
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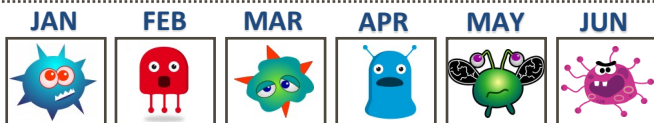


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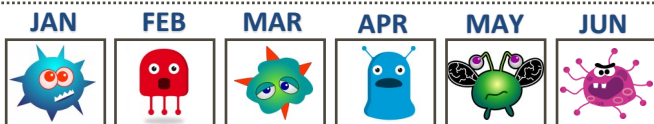


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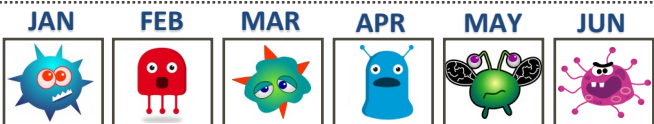


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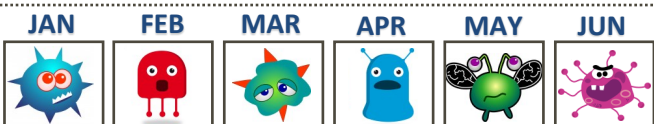


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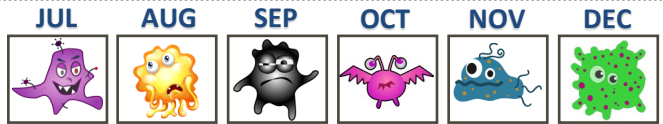


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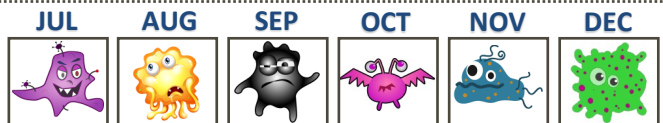


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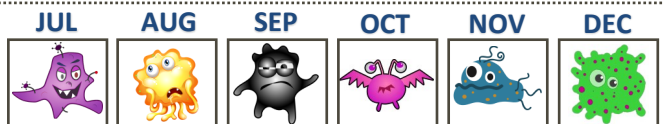


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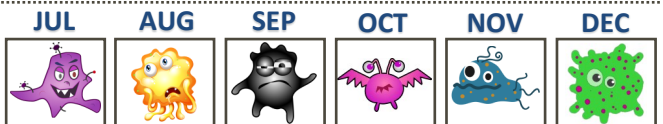


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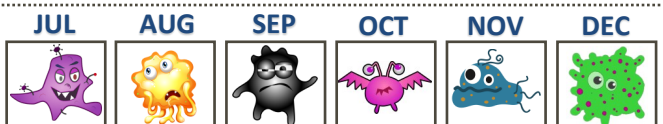


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