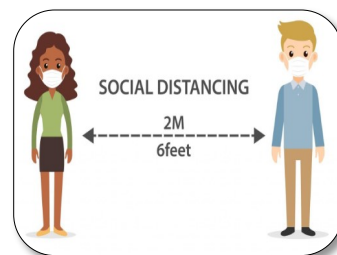




# Tips to Remember When Traveling to and From Dialysis

- ⇒ Wash your hands with soap and water for at least 20 seconds OR use hand sanitizer with at least 60% alcohol before and after your trip.
- ⇒ Avoid touching your eyes, nose, or mouth with your hands.
- ⇒ Wear a mask. Wash your hands before putting on your mask and before you take it off.
- ⇒ Cover your coughs and sneezes with a tissue or use the inside of your elbow. Throw used tissues in the trash and wash your hands or use hand sanitizer afterwards.
- ⇒ Avoid highly-touched areas. Bring disinfecting wipes to clean surfaces before you touch.
- ⇒ Wash your hands immediately when arriving at your dialysis clinic.
- ⇒ Maintain at least 6 feet between yourself and other people who don't live in your household.
- ⇒ Stay home when you're sick or have been near someone who has COVID-19. Call your clinic before your treatment if you are feeling sick.
- ⇒ Limit your travel.



## REMEMBER TO ALWAYS WASH YOUR HANDS!

Talk to your Care Team if you have any questions or concerns