Your Hospital Safety Checklist: 
Be Involved. Be Safe.

This is a guide for you and your family to help us ensure your health and safety while in the hospital.

**Be an active member of your healthcare team to help prevent errors**
- Take part in decisions about your treatment
- Follow your treatment plan
- Speak up if something doesn’t seem right or seems unusual
- Know and understand what procedures are planned
- Tell your doctor if you have new pain, and ask about options for pain relief

**Don’t be afraid to ask questions**
- You have a right to ask questions to anyone who is involved with your care
- Ask questions about your condition, treatment and procedures
- Write down questions to ask the doctor or healthcare team when they come in
- Ask what doctor is in-charge of your care and to be notified if this changes
- Ask healthcare team members to identify themselves and their role

**Identify yourself**
- Wear your identification wristband(s) at all times
- Insist all healthcare team members check your wristband and confirm who you are before any medications, treatments, or procedures

**Know your medications**
- Tell your doctor all medications you are taking at home
  - Include prescriptions, over-the-counter, home remedies, herbal supplements including tea, vitamins and weight gain or loss products. Sometimes they can be dangerous when you take them with other medications.
- Tell the doctor and nurse about any allergies and type of reaction/side effects
- Know what medications you are taking, why you are taking them, what they look like, what time you take them, and potential side effects. If they look different, ask why.
Prevent the spread of infections
➢ Ask healthcare team members to clean their hands if you don’t see them wash or use hand sanitizer
➢ Clean your hands frequently
➢ Cover your cough
➢ Avoid touching any tubes or bandages

Prevent falls
➢ Ask how to use the call bell to ask for help
➢ Call for help before you get out of bed or chair
➢ Wear non-skid slippers or slipper socks

Stay safe after you leave the hospital
➢ Ask for written discharge instructions
➢ Make sure you understand what medications you should continue, start, or stop taking when you get home and how to take them
➢ Ask what foods to eat and avoid including foods that may interfere with your medications
➢ Ask if there are any limits to your activities such as lifting, climbing stairs or driving
➢ Make sure you have follow-up appointments scheduled before you leave
➢ Talk to your healthcare team about whether you need any special equipment, supplies or support