



My Hospital Safety Checklist

Be Involved. Be Safe.

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
- Know what tests 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
- Write down questions to ask the doctor
- Know who is taking care of you

Identify yourself

- Wear your hospital wristband(s) at all times and insist all healthcare team members check your hospital wristband to make sure your name is correct



Know your medications

- Tell your doctor all medications you are taking at home, such as:
 - doctor ordered medications
 - over-the-counter medications
 - home remedies
 - herbal supplements including tea, vitamins and weight gain or loss products
- Tell the doctor and nurse about any allergies

Prevent the spread of infections



- Ask healthcare team members to wash their hands if you don't see them wash or use hand sanitizer
- Wash your hands frequently
- Cover your mouth when you cough or sneeze
- Avoid touching any tubes or bandages

Prevent falls

- Call for help when you need to go to the bathroom
- Call for help before you get out of bed or chair
- Wear non-skid slippers

Stay safe after you leave the hospital

- Ask for written discharge instructions, such as:
 - medications you should continue, start or stop
 - foods you can or should not eat
 - activities allowed
 - list of what doctors to see and when
 - who to call if you have concerns when you are at home
 - what special equipment, supplies or support is needed

