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Keep Clean



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Know Your Medicines



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Get Moving



## Safety Starts With Me

**5 STEPS** to keep safe while in the hospital

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Plan For Home



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Ask Questions



# Safety Starts With Me

While you are in the hospital, your care and safety is our top priority. You, your family, and friends play an important role in helping to keep you safe.

**Here are 5 simple steps to make your hospital stay as safe and positive as possible.**



**Wash your hands before and after eating and after using the bathroom. Brush your teeth two times a day.**

- Wash your hands with plain soap and water or hand sanitizer.
- If you need help, ask your care provider or family member to help you.
- Ask a family member to pick up oral care supplies for you.
- Ask to have a clean gown or bed linen if you see they are dirty.



**Show your care provider the list of all the medicines you are taking as soon as you arrive at the hospital. This includes vitamins, herbal, and non-prescription products.**

- Tell your care provider if you have allergies or side effects.
- Make sure your care provider asks you your name, birth date, and checks your armband before providing a service or treatment.
- Ask for information on any new medicine you are receiving.
- Do not take any of your medicines from home without talking to your doctor, nurse, or pharmacist.



### **Mobility matters.**

**Staying active is a good way for you to recover. Activities can include walking, sitting up for meals and when reading, getting dressed, and doing bed or chair exercises.**

- Benefits of staying active include better sleep, appetite, breathing, and mood. It also reduces the chance of infections, bed sores, weakness, pain, and falls.
- Wear proper footwear or non-skid socks.
- If needed, use a walking aid, wear your glasses and hearing aids. Hip protectors might be recommended.
- If you need any help, ask your care provider. We will work with you to keep you moving in a safe and supportive way.



**We are here to help you and to involve you in your care planning. Talk to us if you have any questions or concerns about your treatment, or about what will happen when you leave the hospital.**

- Ask questions about any changes that do not make sense to you or seem unusual about your care.
- If the medicines you receive in the hospital are different from what you take at home, it's okay to ask why.
- If you have a catheter, ask each day if it is needed.
- Ask if your *Understanding My Stay* whiteboard in your room is up to date. Use it to write questions for your doctor, nurse, or other care providers, including when you could go home.



## Home is best.

**Start planning for your return home as soon as possible so you recover in a place that is most familiar to you.**

- If your room has an *Understanding My Stay* whiteboard, check it to see when you could be going home.
- Make sure safety equipment (such as a walker, etc.) is ordered for your use at home if needed.
- Ask your care provider to write down information about your activity, medicines, food, follow-up tests, and visits.

## How are we doing?

We are committed to providing you with a quality care experience. Speak with your care provider or a manager if you have a compliment, question, or concern about your care.

**Visit us for more information on how to keep safe while in the hospital**

[fraserhealth.ca/safetystartswithme](https://fraserhealth.ca/safetystartswithme)

This information does not replace the advice given to you by your health care provider.