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