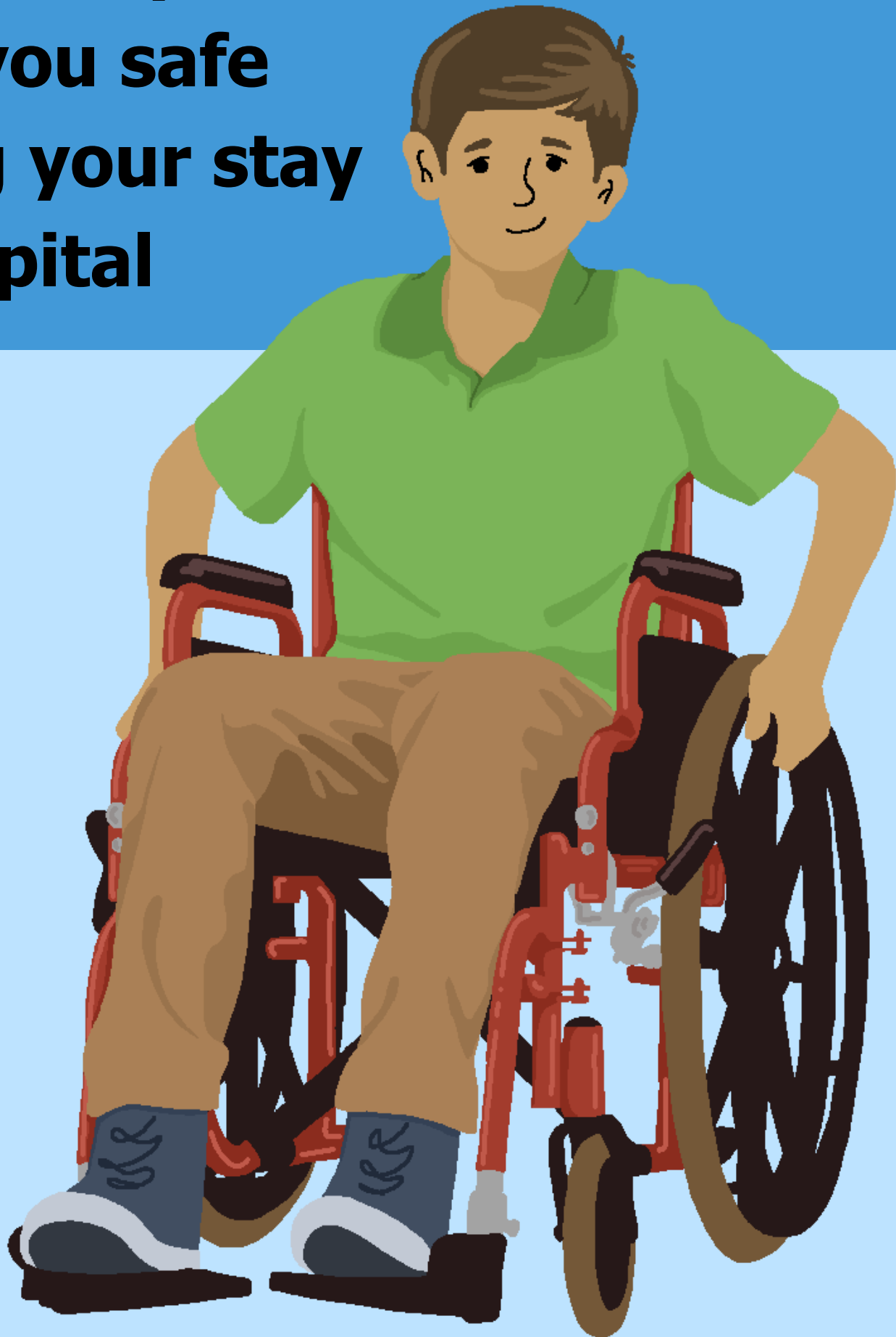


Simple steps to keep you safe during your stay at hospital



Keeping you safe and well whilst under our care is the most important thing to us.

There are also some little things you can do to help keep you safe during your stay in hospital.

Always ask for help

Don't be afraid to ask for help.

If you need a little help talking to someone or need something from your family or a friend, then please let us know.

Our nurses and doctors are here to answer any questions you have.



Check your wristband

This is very important as your wristband will be used to check you are the right person before we give you medication or carry out tests.

Ask your parent or friend to check if you need help, and tell us right away if any of the information we have about you on the wrist band is wrong.



Make us aware of any allergies

Please tell us if you have any bad reactions such as a rash or breathing problems to things such as medicines, gloves, plasters or even foods!





Tell us about your medicines

Let us know if you have brought any medicines into hospital with you such as pain killers, vitamins or supplements.

This is very important as they can sometimes react with new medicines or treatments you might be given.

Also tell us if you have any medical alert cards or use any devices, for example, an insulin pump.

Ask if you don't understand your medicines

Please ask us if you don't understand what any new medicines are for and why you need to take them, or if you have questions about any possible side effects.





Help prevent blood clots

- Take short walks, if you are able to.
- Do simple leg and ankle exercises.
- Drink plenty of water, or other fluids, unless you have been told you not to
- You might also need to have fancy stockings and even injections to thin your blood.

Preventing pressure ulcers

- Make sure you move around the bed unless you have been asked not to .
- Ask us to help you move if you find it difficult.
- We can also get you a special mattress or cushion if you need them.



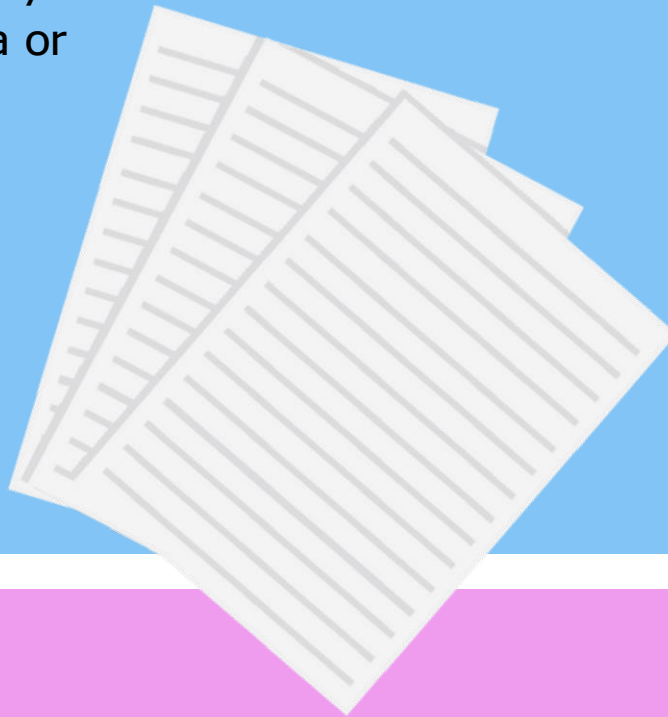
Protect yourself from slips and falls

- Always walk don't run!
- Wear the right kind of footwear, such as snug fitting slippers or shoes with rubber soles, such as trainers
- Use any walking aid you normally use
- Wear your glasses and hearing aids if you have them
- Ask a member of staff to help if you need any support.



Help prevent infections

- Always wash your hands after going to the toilet and before all meals.
- Ask staff, your family, friends, and your visitors to wash their hands before they have contact with you.
- Tell us right away if you have any diarrhoea or vomiting.
- Let us know if any tubes or needles attached to you become uncomfortable.



Make sure you:

- Have a copy of your hospital discharge letter and any follow up appointments
- Have been given any medicines to take at home; and you know what they're for and how to take them
- Know who to speak to if you have any further questions



Remember, we are all here to help keep you safe and well.

We want you to be involved in your care, so please ask us if you have any questions, worries or concerns.