

SAFER TOGETHER

REDUCING SPREAD OF INFECTIONS

- Cleaning your hands is the single most important way to stop the spread of infections.
- Two ways to clean your hands are:
 1. Waterless based hand sanitizer
 2. Soap and water
- If soap and water are not available, use the waterless hand washing solutions available at all facilities and clinics.
- If you are not sure if your health care provider has cleaned their hands before providing your care, it's okay to ask them.
- Cover your mouth and nose with a tissue when you cough or sneeze; then put the tissue in the garbage. Be sure to wash your hands afterwards.
- Make sure if you have a prescription for antibiotics (medicine to treat infections) you finish all of the medication as directed.



900- B-320

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BE AWARE, BE INFORMED, AND BE INVOLVED = SAFER CARE

For more information on
Patient Safety, please contact:

Quality and Risk Management
WMRH—2nd Floor Monaghan Hall
709-784-6805

Via email at:

qualityandsafety@westernhealth.nl.ca

www.westernhealth.nl.ca

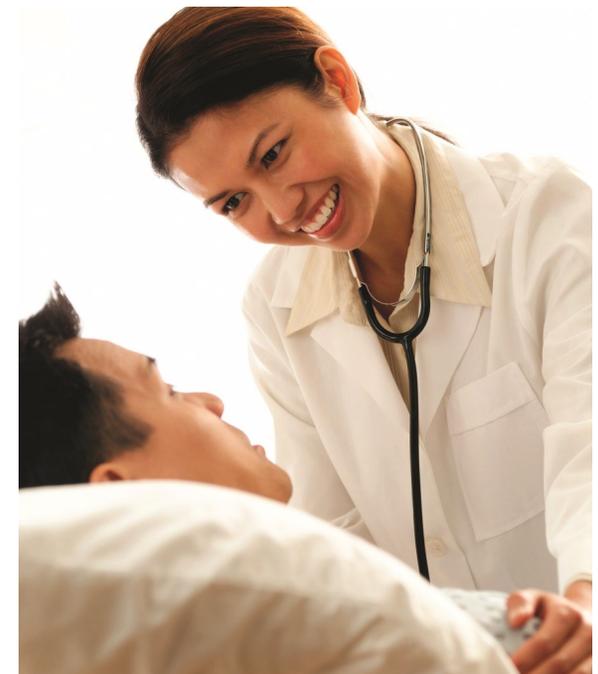
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“Our People, Our Communities—Healthy Together”

SAFER TOGETHER

SAFER CARE HOW CAN YOU HELP?



“Our People, Our Communities—Healthy Together”

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ASK. LISTEN. TALK.

We're here to keep you safe and good communication is a big part of that. Help us by doing these three things:

- **ASK** your health care providers about your health care plan. Find out what you can do to feel better and improve your health.
- **LISTEN** carefully and ask for more information, especially if you don't understand. Take notes and bring a friend or family member with you for support.
- **TALK** to your health care provider about your concerns, needs, and priorities. Talk about your plan of care, what it means, and what you can expect will happen.

Be sure all your health care providers know your entire health history and the first and last name of your family doctor.

Tell your health care team if you need a translator.



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NOT ALL MEDS GET ALONG

- Know what medications you are on and why. Keep a list of the medications you are taking to help manage your care better.
- Include all medications on your medication list, even ones that are not prescribed .
- Bring all your medications to the hospital or to a health appointment.
- Keep your medications in the bottles they came in.
- Inform your health care provider if you are taking medications in a different way than prescribed.
- Advise of allergies or bad reactions to medications.
- Ask questions if your medications look different than what you are used to taking.
- Ask for a list of all medications you are supposed to be on when you leave the hospital.
- Ask for a review of your medication if you have concerns, or are taking 5+ medications.
- Ask questions if you have any concerns with your medications. Ask if there are side effects, how long you will be on it and if the medication is working.

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REDUCE YOUR RISK OF FALLING

- Make sure you ask if you need help to use the bathroom or sit/stand up.
- Make sure you wear footwear that have non-skid soles and fit properly.
- Let your health care provider know if you need equipment (e.g., wheelchair, walker, cane) to help you move safely.
- If you feel dizzy or weak, do not try to move on your own. Ask for help.
- Make sure the area around you is not cluttered and that you can move around easily.
- Wet floors can be slippery. Tell a health care provider or caregiver if the floor is wet and be careful if you see a "wet floor" sign.
- Try to avoid clothing that is too loose or too long.
- Let a health care provider or caregiver know if you are unsteady or if you've ever fallen.

