

613-623-7962

ext. 293



www.
arnpriorhospital.
com

Recognized for exemplary care - Making your health our priority

Simple Things You Can Do To Protect Your Health

During Patient Safety Week we distributed this information to all our patients. This week we wanted to share it with the community. Remember to: **Ask. Listen. Talk.** Don't just think it, say it. Good healthcare starts with good communication. Remember, you are a member of your healthcare team. Talk openly with your healthcare professional. Ask questions, listen to answers and talk about any concerns you have.



1. Wash Your Hands

Wash your hands often. Use soap and water or hand sanitizer.

2. Know Your Medications



Be sure to tell your healthcare provider about **ALL** medications you are taking. Bring all your medication with you. Make sure you understand why you are taking each of your medications. Medications are more than just pills. Don't forget about: inhalers, eye/ear drops, nasal spray, patches, liquids, injections, ointments and creams.

3. Bring Someone Along

Bring along a family member or friend to your appointment. They can help you understand and keep track of what you need to remember.



4. Keep Track



speaking with any health care professional.

Keep track of your health. Write down concerns, questions and any symptoms. It will help you when

5. Verify Information on Your Bracelet.



Patient ID Bracelets contain vital information to keep you safe. Medical staff should always ask you for 2 patient identifiers. Identifiers can be: name, date of birth, unique patient number and/or health card number.