



## PARTNERS

### *in Safety*

Your healthcare providers are working to keep you safe.  
You have a vital role in helping yourself stay safe too.



#### Give information

- Your doctors and nurses need to know what is in your body to keep you safe. Anything you share is kept private.
- Others on your healthcare team may not know you as well as your regular doctor.  
**Tell us about:**
  - All health conditions or allergies.

- Everything you take – prescriptions, over-the-counter medication, vitamins, herbal supplements, cigarettes and recreational drugs and alcohol. How much? How often? When was the last time you took it?

#### Get information

- Healthcare providers welcome your questions. If you don't understand anything about your care, make it a point to ask questions.
- If you are given a pill you do not recognize, **please ask:**
  - Can you tell me what this medicine is for?
  - Can I take this with my other medications?
  - Are there any side effects?





## Bring a family member or friend

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- Make sure your doctor & nurse know they can share your information with this person. **This person should:**
  - Speak up for you
  - Listen for you
  - Ask questions
  - Give information



## Prevent the spread of germs

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- It sounds too simple, but washing your hands is the best way to protect yourself against germs that lead to infections.
- It is OK to ask nurses and doctors if they have cleaned their hands.
- If people who want to visit you are sick, ask them to please stay home.

## Know what to do

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- When you leave the clinic or hospital, be sure you understand your instructions so you can take care of yourself at home. Feel free to write down information or to ask for written instructions. Know which medications to take and which not to take.
- Go to your follow-up visits so your progress can be tracked.
- If you don't understand something, ask your healthcare provider to explain it to you.

**If you have concerns about your safety, please call Mayo Clinic Health System's director of Customer Service at 715-838-3311 or toll free 888-838-4777.**

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