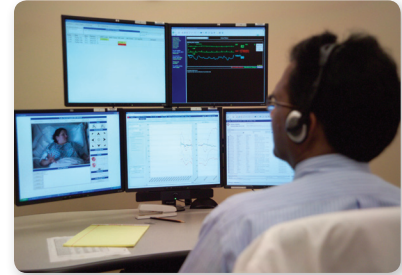


## Safety First

Even under the best circumstances, a hospital stay can be a stressful experience both for patients and their loved ones. Across Sutter Health, our goal is to make your hospital stay as comfortable, pleasant and safe as possible.

To help us protect your health and safety, here are some helpful tips.



### Allergies

Let your doctor and hospital staff know if you are allergic or sensitive to any food, medication or latex products. It is a good idea to keep a list of the medications you take, including their dosages.

### Identification

Wear your hospital identification band at all times. If you lose or remove your band, tell the nursing staff, so we can get you another one.

### Time Out

Expect some questions from our clinical staff. We will frequently ask your name and date of birth, what procedure you are having and what part of your body is involved. We call this a “time out,” and it is for your safety. If you are having an operation, we may mark the area of surgery on your body.

### Communication

Remember, communication helps to ensure your safety. If you don’t understand the purpose or reason behind a test or treatment, be sure to ask. You have a right to this information. Our staff is there to keep you informed.

### Physical Safety Precautions

Have your nurse review any safety precautions in your treatment plan with you and your family members. For example, you may be asked not to get out of bed without someone assisting you.

A nurse call light has been provided at your bedside so that you may call for assistance. Do not hesitate to use it. If you need to get out of bed, please call us first, so that we can help you. We may put up side rails on the bed or use special alarms to help remind you to call us before getting up.

### Privacy

Throughout your hospital stay, we will do our best to maintain your personal privacy and the security of your health information. We will disclose your physical condition only to those whom you have designated to receive this information via a passcode.

If you close your room door for privacy, we will ask that you press your call bell if a clinical alarm rings. This will help us to respond promptly.

### Infection Control Measures

The goal of our hospital infection control program is to prevent the spread of germs and disease. For this reason, our doctors, nurses and other health care workers often wear gloves, gowns, masks and/or plastic glasses. They should also use sanitizing foam or wash their hands each time they enter your room. If they don’t, you and your family should feel free to ask your caregivers to wash their hands.

You can take steps to avoid spreading bacteria. If you have an intravenous line, an invasive catheter or a surgical incision, do not touch these sites. Try to keep your hands clean and away from any bandages on your body.

If you have had surgery, before you leave the hospital your nurse will explain how to care for your incision and bandages at home.

If you need special infection control measures—such as isolation—your nurse will explain all precautions or limitations to you and your family.