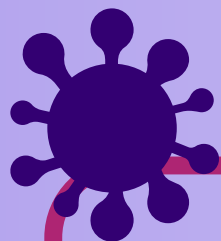


# Keeping you **safe** in our hospital



## Covid-19 advice

- All patients will need to wear a face covering when entering the hospital
- Please keep it on unless advised otherwise by a member of staff
- Maintain social distancing (2m) at all times from other patients, visitors and staff following the floor signage
- Make use of hand sanitisers across the site when entering and leaving all areas



## Medicines

- Bring any medication you're taking in with you - it's safer, reduces waste and reduces delays when you're ready to go home
- Tell us if you have a known allergy or don't know what your medicine is for
- Talk to your doctor, nurse or pharmacist about any concerns you may have
- Ask us about possible side effects

## Identification

- Tell us if any of your personal information we have is wrong (name, address, DOB, next of kin or doctor)
- Let us know if you have any allergies
- Bring any medical letters with you

## Preventing infections

- Wash your hands before and after visiting the toilet, and before all meals
- Ask our staff if they have washed their hands before any contact with you and used hand sanitiser gel

## Preventing pressure ulcers

- Try and keep mobile, even in bed, and tell us if you feel uncomfortable
- We can help you change position and provide you with a special mattress for cushion and support
- Tell us if you have diarrhoea or vomiting

## Preventing falls

- Wear appropriately fitted footwear with rubber soles
- Use your usual walking aids
- Tell us if you need any assistance if you need to move from your bed

## Preventing blood clots

- Wear your hospital stockings if advised and move around as much as possible
- Try to do simple leg and ankle exercises
- Drink fluids as recommended
- Take blood thinning medications as advised



## Leaving hospital

Before you leave make sure you:

- Have your discharge letter
- Have your medicines
- Know who to contact should you wish to ask anything
- Know when you have your next appointment

**If you have any concerns or worries at any time:**

- **Talk to us if you have concerns about your treatment**
- **Ask a healthcare assistant, midwife, nurse or doctor if you are unsure or don't understand about what will happen**

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Issue Date:  
Review Date: