8 simple steps to keep yourself safe during your stay in hospital.

1. Preventing falls
   - Wear the yellow hospital socks, laced up or snug fitting shoes or slippers with rubber soles.
   - Use your usual walking aids.
   - If you need any assistance, tell us.

2. Preventing blood clots
   - Wear your hospital stockings if advised and move as often as you can.
   - Try to do simple leg and ankle exercises.
   - Drink fluids as recommended.
   - Take blood-thinning tablets or injections as advised.

3. Preventing infection
   - Wash/decontaminate your hands before and after visiting the toilet, and before all meals.
   - Don’t hesitate to ask our staff if they have washed their hands.
   - Tell us if you have diarrhoea or vomiting.
   - If you have a tube in your arm or bladder please do not touch this. If this becomes painful at all please inform your nurse or doctor.

4. Your medicines
   - Tell us if you have an allergy, or if you do not understand what your medicines are for.
   - Talk to your doctor, nurse or pharmacist about any concerns you may have.

5. Pressure ulcers
   - If you can, try to keep mobile, even in bed, and call us if you are uncomfortable.
   - We are very happy to help you change position, and can provide a special mattress or cushion for support.
6 Identification

- Tell us if any of your personal information is wrong (ID band, address, GP, next of kin).
- Tell us if you have any allergies.

7 Any concerns

- We are here to help you - talk to us if you have any worries or concerns about your treatment, or about what will happen when you leave hospital.

8 Leaving hospital

Before you leave, make sure you:
- Have your discharge letter.
- Have your medicines and they have been explained to you.
- Know who to contact if you have any questions or concerns.
- Know when your next appointment is.