



Healthy Hospitalization Checklist

- Have someone with you at all times.
- Make sure the healthcare providers caring for you are aware of your history and are communicating with one another.
- Ask questions about anything you are unsure of.
- Don't hesitate to request a second opinion.
- Make sure the environment is clean. Wash your hands frequently and ask those caring for you to do the same.
- Insist that healthcare providers check your wristband and verbally confirm who you are.
- Don't eat hospital food if it doesn't smell or taste right.
- If you are going to have a surgical procedure done, make sure that your body is clearly labeled.
- When you are discharged, make sure that you understand how to care for yourself and any plans for follow-up treatment