



Help prevent medical errors

3 Steps to Turn this Message into ACTION

1. Be an active member of your health care team:

- Be able to tell your care team about your health history.
- State any allergies and adverse reactions you have had to medicines.
- Discuss the pros and cons of treatment options with your health care team.
- Take an active role in every decision about your health care.
- Speak up if you have questions or concerns. If you need help to do this, ask a family member or friend to assist you.

2. Take your medications safely:

- Work with your health care team to take the medications that are best for you.
- Let your health care team know if you do not take medications as advised or if you have problems taking them.
- Carry an up-to-date list of medications you take. Include all prescribed and over-the-counter medicines, vitamins, minerals, herbals, and other dietary supplements. Show the list to your health care providers at each health care visit.

3. Follow hospital safety tips:

- Ask all health care workers who have direct contact with you if they have washed or sanitized their hands. If not, request that they do.
- If you are having surgery, make sure that you, your doctor, and your surgeon all agree and are clear on what will be done.
- Before you leave the hospital, ask for a written treatment plan to follow when you are at home. Ask questions if you do not understand what to do.

