

# Safety Tips for Kids Going to the Hospital

## Bridgeport Hospital Patient Education

Going to the hospital isn't much fun, but your doctor and parents have decided it's the best place for you to get help for your illness or injury. At least you'll meet some nice people and have some interesting experiences you can describe to your friends. While in the hospital, you and your family can help the doctors, nurses and other people who will be taking care of you. Here are some things you can do to help make sure you get the best care possible.

- **Wear identification bands.** When you first go to the hospital, you will get an identification bracelet with your name and some important information. This bracelet is called an ID band. It's how the people taking care of you can make sure they give you the right medicine or the right treatment. Make sure you keep this on your wrist all the time. If something happens to it, let the people taking care of you know right away and ask them to get you a new one.
- **Ask about tests and treatments.** You may need to have tests or treatments while you're in the hospital. If you don't understand why someone is doing something, ask that person to explain, or ask your parents to help you find out what the test or treatment is supposed to do for you.
- **Ask about medicine.** When the nurse gives you medicine to take, ask what the medicine will do. If it's different than the medicine you usually take, ask why. Sometimes medicine you take at home will look different from the same medicine at the hospital, but you should never be afraid to ask what it is or why it looks different.
- **Ask about your IV line.** Call your nurse immediately if your IV line or any other tubing becomes disconnected or is leaking.



## Safety Tips for Kids Going to the Hospital *(continued)*

- **Avoid infections.** Wash your hands with comfortably hot water and soap whenever you visit the playroom or another child's room, or use the antibacterial handwash that kills germs. Clean your hands after you go to the bathroom and before you eat. If you can't get out of bed, ask the people taking care of you to help you wash your hands. If you can't get to a sink, ask for the antibacterial handwash that you can use in your hospital bed.
- **Talk to the people who take care of you.** If you hurt or are uncomfortable or frightened, tell your nurse. He or she may be able to help you feel better. Try to do everything your nurses and doctors ask you to do, but if you are worried they are asking you to do something that doesn't seem right to you, speak up. Don't be afraid to ask questions—they won't get angry with you. If you are still worried or don't understand their answers, talk to your parents. If you know a certain medicine or food makes you sick, make sure you tell someone. If they forget and bring you that food or medicine, tell them they may have made a mistake and ask them to check again.

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