

Ask, Talk, Listen

Ask Your care provider.....

- ◆ If they have washed their hands?
- ◆ To explain my health problem in a way I understand .
- ◆ About medicines I am taking or about newly prescribed medicines. How they work, what I should expect, side effects and when to take the medicine.
- ◆ Ask a friend or family member to be your patient advocate.

Talk

- ◆ Be prepared to give a complete medical history (diseases, treatments, tests, current medicines).
- ◆ Tell your provider about any chronic conditions like diabetes, heart disease, cancer.
- ◆ State any allergies you have to medicine, food or the environment.

Listen

- ◆ Bring a family member or close friend with you to listen, ask questions and help you to understand your health problem.
- ◆ Take notes to help you remember.



- * The Manitoba Institute for Patient Safety tells patients to ask 3 key *It's Safe to Ask* questions:
 1. What is my health problem?
 2. What do I need to do?
 3. Why do I need to do this?
- * When we visit the doctor or other health provider, we need to ask questions to learn how to get better and how to take care of ourselves.
- * Don't be shy. Speak up with your questions. It is your body!
- * Write YOUR questions down before you see your healthcare provider.
- * Complete a Patient Advocate form.
- * **For more information go to the website:** www.safetoask.ca
www.mbips.ca
or call (204) 927-6477



Remember.....

Don't just think it.... Say it



Becoming an Active Partner in Your Healthcare

Healthcare providers want to
provide you with the
best and safest care

Our Vision.....

Healthy People in
Healthy Communities



Know Your Medicine

Medicines Include:

- ✓ All prescribed medicines
- ✓ Sprays, lotions, creams
- ✓ Eye, ear, nose drops
- ✓ All over the counter medicines
- ✓ Any vitamins, minerals, and/or herbs

Keep an updated medication card and bring it with you to all medical visits. Your list should include:

- ✓ Name of medicine
- ✓ Dose
- ✓ Purpose - why you take it
- ✓ How often you take it
- ✓ When you started taking it

Need a Medication Card?

Check out: www.safetoask.ca

Click on **NEW MEDICATION CARD**

Medicine Safety Tips

- * Ask your pharmacist questions if you do not understand something about your medicine.
- * Read labels on your prescriptions carefully when you pick them up from the pharmacy.
- * Keep your medicine in its original container in a cool, dry place.
- * Store all medicines out of reach of children and pets.
- * Never give your prescription medicine to anyone else.
- * Do not crush, chew or break capsules or tablets unless instructed to do so.
- * Never stop taking any medicine unless your doctor tells you to, even if you're feeling better.
- * Take old medicines to your pharmacy for disposal.
- * Ask your doctor to write the reason why you are to take a medicine directly on the prescription.
- * Take all medicines as directed. Be honest with your doctor about whether or not you have been taking your medicines .
- * Know what to do if you miss a dose.

Your Role in Preventing Infection

- * **Clean your hands with soap and water or use waterless hand rub**



Wash Your Hands

- ✓ **As often as needed**
 - ✓ **Always after touching your eyes, nose , mouth or secretions**
 - ✓ **After coughing or sneezing into a tissue**
- * **Cover your Cough - cough into your sleeve or a tissue , not in your hands!**
 - * **Consider Others**
 - ✓ **Avoid crowds and stay at home if you are sick with cold or flu-like symptoms.**
 - ✓ **Limit unnecessary contact with others if you are not-well or if they are not well.**

One Person Can Stop the Spread of Illness – YOU!