



To prevent falls

please follow these easy steps

- Familiarize yourself with your hospital bedroom.
- Check if the call button works properly. If not, notify the hospital staff immediately.
- Always call for help when getting up from bed.
- To prevent dizziness, stay seated in bed for a few minutes and then stand up with caution.
- Keep your personal items and the emergency call button near you.
- Always keep the bed railing up while resting in bed.
- Turn on the lights when walking around your bedroom.
- Keep items such as bags, purses and suitcases away from walking areas.
- Keep the floor clean and dry. Notify the hospital staff immediately if it gets wet or dirty.
- Ask for help if you do not know how to properly use walking equipment such as wheelchairs, crutches and walkers.
- Bring non-slip footwear to the hospital.



To prevent infections

please follow these recommendations

- Always wash your hands properly and practice personal hygiene.
- Ask visitors to wash or sanitize their hands before coming in to your hospital bedroom.
- Ask visitors to wear facemasks according to hospital policy and instructions.
- Help comply with the specified number of visitors authorized per patient.
- Do not accept visits from people that may be sick.
- Do not save unused food for later.
- Do not eat food that may be potentially spoiled.
- Make sure that the nursing staff wear gloves before providing medical assistance.
- To prevent infections, receiving flowers, fruits and teddies to the hospital is prohibited.



PROGRAMAS
INSTITUCIONALES

HOSPITAL ONCOLÓGICO
"DR. SAN GONZÁLEZ MARTÍNEZ"

**We want you safe and healthy.
We encourage you
to follow these easy steps and
recommendations
to prevent falls and infections.
We appreciate your cooperation.**