

# Your Safety

If you have a security concern or would like to request an escort to your vehicle, stop by the security office on the plaza level between the Atrium and cafeteria or call **(763) 581-2160**.

## Safe Environment

North Memorial Health Hospital customers, guests, volunteers and team members all contribute to a safe and respectful environment that is free from violence and harassment. Threats, aggressive or violent behavior will not be tolerated. If you have concerns or need to report an incident, use the call light to reach your nurse, call security by dialing **(763) 581-2160** or dial \*99 and give your location.

## Hand Washing

The best way to prevent infections is to practice good hand hygiene. We encourage you and your family and friends to frequently use the waterless hand rub available throughout the hospital. To keep you safe from infections, you'll notice that our team will use the hand sanitizer or wash their hands each time they enter and exit your room. If you do not see this happen, please ask them to do so before giving you care.

## Prevent Falls — Call, Don't Fall

Our goal is always to keep you safe. Tell your nurse if you have any history of falls, or if you are having difficulties with balance, dizziness or walking. Vision, hearing and/or speech problems can also be signs that you are at risk for falling.

If you are at risk for falling, we will give you a green wristband and non-skid red socks to wear and ask that you stay in bed as much possible during the night. To prevent an accidental fall, always use your nurse call button when you need assistance.

## Update Your Immunizations

Protect yourself and those around you by making sure your immunizations are up to date. Please let us know if you need a flu shot, pneumonia shot or other vaccine.



## Evening Visitors

We do not restrict visiting hours but ask all visitors to wear a pass after 8 p.m. when most doors lock. Use the emergency or main entrance after 8 p.m.