



Speak Up For Your Safety

We know people can sometimes be too embarrassed or intimidated to ask questions. But we encourage you to speak up! After all, research shows that you'll have a better outcome if you do.

Helpful hints:

- Speak up if you have questions or concerns, and if you don't understand, ask again. It's your body, and you have a right to know.
- Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right health care professionals. Don't assume anything.
- Educate yourself about your diagnosis, the medical tests you are undergoing and your treatment plan.
- Ask a trusted family member or friend to be your advocate.
- Know what medications you take and why you take them. If you think we've made an error, tell your nurse right away. Medication errors are the most common health care mistake.

You are the center of the health care team.

- Use a hospital, clinic, surgery center or other type of health care organization that has undergone a rigorous on-site evaluation.
- Participate in all decisions about your treatment.

Let us know if you have any questions or concerns.



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