

Your Space, Your Safety: Keeping Your Space Clutter-Free

Patient Information

www.interiorhealth.ca

Your stay at Interior Health is important to us. Hospitals and Long-term Care Facilities have germs that may lead to infection. A cluttered patient room is hard to clean and can increase the risk of injury to you, your visitors, and care provider. We all have a role to play in keeping your room clean and clutter free.

Bring Only What is Necessary

While we want you to be comfortable, having too many personal items can make it difficult to clean your room and can be a hazard to others. Remember, hospital germs may also get on your personal things. To reduce these risks, keep only what you need at the hospital. If you have items that you no longer need, ask someone to take them home for you. If your unit has designated **Patient Spaces** and **Clinical Spaces**, do your best to keep your personal items in the designated **Patient Spaces**.

Get Well Soon

Friends and family often show they care with flowers, gifts, and cards. Put these items in a place that does not interfere with your care such as a designated shelf, your bedside table or over-bed table. Consider sending things you no longer need home with a visitor. Asking visitors for best wishes or delaying gifts to be enjoyed after you have returned home can also help to control room clutter.

Clean Your Hands

While we do our best to keep your room clean, we know that germs are everywhere, including doorknobs, bed rails, tabletops, and other surfaces.

It is important to clean your hands often and to keep your hands away from your face, tubes (i.e., intravenous), and open wounds. Always clean your hands before you eat. If you are unable to wash your hands in the sink or to reach a wall mounted alcohol-based hand rub (ABHR), ask your care provider to place ABHR near your bedside. Encourage everyone who enters your room to clean their hands too.



Let's work together to keep your room clean and clutter free.

Call 8-1-1 Healthlink BC www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		