

Involvement in your treatment

What's important to you – is important to us!

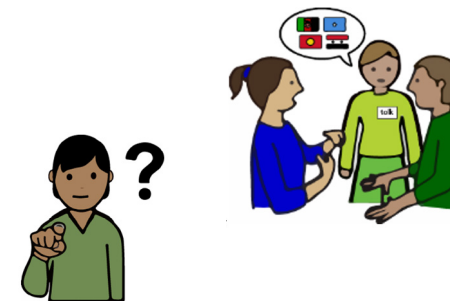
We think it's good that you're involved in your care, that you tell us about your situation and ask questions.

Questions you might ask:

- Why do I need to take samples?
- What happens if I don't take the samples or take a medicine?
- Do you know that I'm allergic?
- What happens if I don't want to have the examination / treatment?
- Is there some other way to do it?

You can ask questions yourself or ask a parent or someone else you trust to help you.

If you think of a question later – tell the healthcare staff you're with, and they'll help you get an answer.



Protect yourself and others against infection

Wash and rub your hands with alcohol before eating.

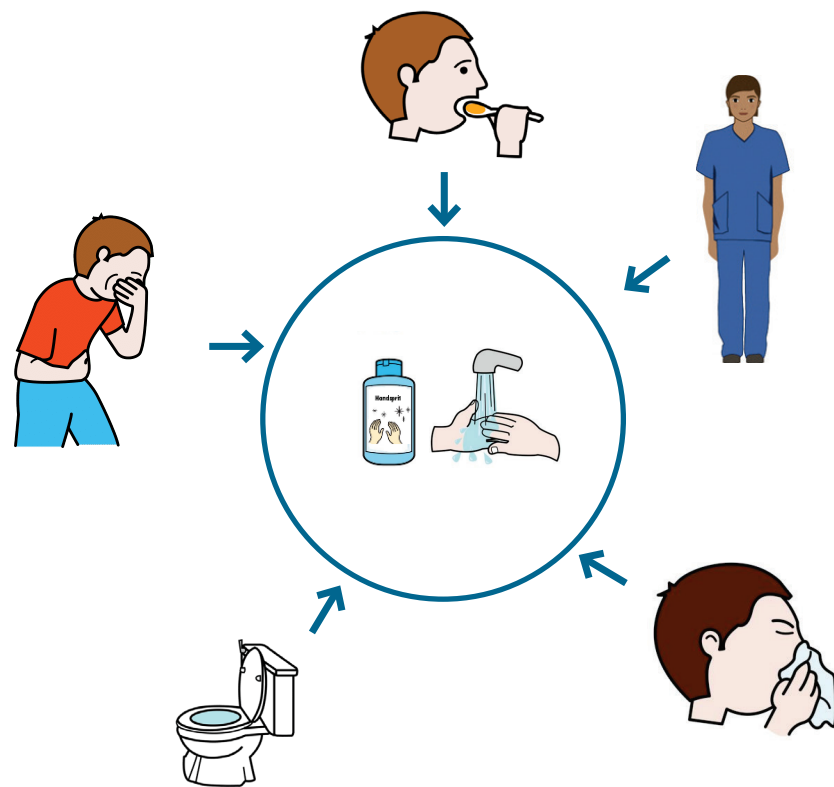
Only use the toilet you've been told by staff to use.

Wash and rub your hands with alcohol after toilet visits.
Tell staff if you have vomited or have diarrhoea.

Sneeze and cough into the crook of your arm.

Use tissues when you blow your nose and rub your hands with alcohol afterwards.

We encourage you to ask staff if they have clean hands when they touch you.



For copyright information about the illustrations, scan the QR code

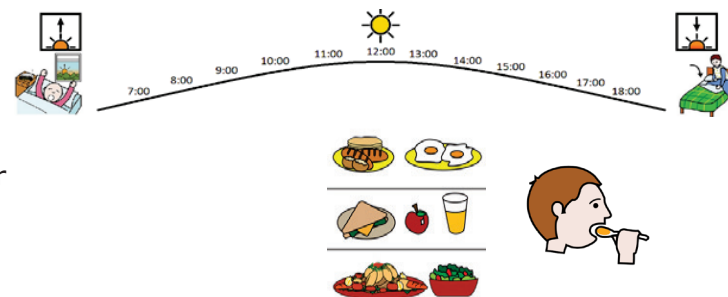


Turn over
→

Food

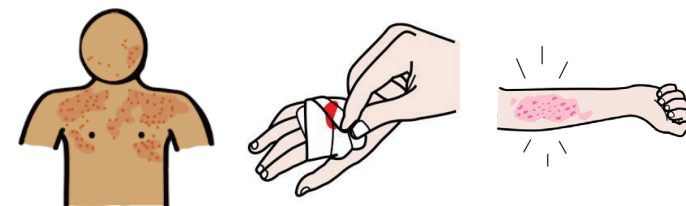
Tell staff if you're allergic or if there are foods you cannot eat.

It's easy to lose weight and muscles when you're ill. It's important, therefore, to follow our advice. Eat regularly, and don't forget between-meal snacks.



Skin

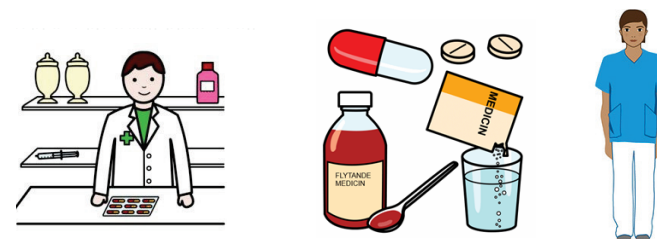
Tell healthcare staff if you develop a rash, blisters, sores or red and irritated skin. Also tell staff if your dressing becomes dirty or wet. It's important to keep your skin clean where there's a tube going into your body or a wound after surgery.



Medication

We encourage you to ask healthcare staff if you have any questions about your medication.

For example, if you're wondering why you're taking a certain medicine or how often you have to take it.



Time to leave the hospital

Make sure you've been given your care and medication record.

Find out who you should contact if you have any questions once you're back home.

Make sure you know what's been arranged for your care and treatment after leaving the hospital – for example, continuing medical care in another unit or follow-up appointments.

Don't forget to ask for any certificates you need, such as for school or for temporary parental leave (VAB).

