

# The Smart Hospital Visitor Checklist

Use this guide before and during your visit to ensure it's safe, supportive, and stress-free.

## Before You Leave Home

- **Check the Website:** Look up the *exact* hospital visiting hours for the patient's specific unit (e.g., ICU, Maternity, Med/Surg).
- **Confirm COVID/Flu Policy:** Check the current hospital visitor guidelines for mask rules or visitor limits.
- **Check Parking & Directions:** Review the hospital map online. Find the best parking garage for the patient's building and note the cost.
- **Are You Healthy?** DO NOT VISIT if you have *any* symptoms of illness (cough, fever, sniffles, sore throat). Call or video chat instead.
- **Pack Smart:**
  - Phone and Charger (a long cord is helpful)
  - Book or Headphones (in case the patient is resting)
  - Light Sweater (hospitals are often cold)
  - Cash/Card (for parking and the cafeteria)
  - Notebook and Pen (to write down information)

## When You Arrive

- **Check-in:** Stop at the main desk, get your visitor's badge, and confirm the room number.
- **Sanitize Your Hands:** Use the alcohol-based sanitizer at the entrance.
- **Find Your Way:** Use the lobby maps or follow the color-coded lines on the floor. Ask a volunteer for help if you're lost.

## In the Patient's Room

- **Sanitize Again:** Clean your hands *immediately* upon entering the room and before leaving.
- **Read the Signs:** Check for any signs on the door (e.g., "Isolation Precautions," "Fall Risk," "NPO - Nothing By Mouth"). Follow all instructions.
- **Be a Guest, Not a Roommate:**
  - Do not sit on the patient's bed. Use the visitor chair.
  - Do not use the patient's bathroom. Use the public restroom in the hallway.
  - Do not touch medical equipment, IV pumps, or silence alarms.
- **Manage Your Visit:**
  - Keep your voice low.
  - Silence your phone and take calls in the hallway.
  - Keep visits short and positive. 15-20 minutes of quality time is better than a 2-hour draining visit.

- Do not bring outside food for the patient without explicit permission from the nurse.
- **Be the Gatekeeper:** If the patient is tired, offer to tell other guests it's time to rest.

## What NOT to Bring

- **No Flowers or Plants** for ICU or immunocompromised patients.
- **No Latex Balloons** (due to severe allergies).
- **No Strong Perfume/Cologne.**
- **No Sick Children.**