

Safety matters at every step of your care journey

Safe care for life!

Safe care for noncommunicable diseases



1 PREVENTION AND RISK REDUCTION



Common source of harm

Not taking action to prevent disease early



What can help?

- Know the risk factors of noncommunicable diseases
- Adopt a healthy lifestyle
- Take preventive action early
- Attend regular health checks
- Seek reliable health information



2 EARLY DETECTION AND DIAGNOSIS



Common source of harm

Delayed, missed or incorrect diagnosis



What can help?

- Attend recommended screenings
- Recognize early symptoms and seek care promptly
- Follow up on tests and referrals
- Understand your diagnosis and take part in care decisions
- Ask questions and do not hesitate to seek a second opinion



3 TREATMENT IN HEALTH CARE SETTINGS



Common source of harm

Problems related to medications, chemo and radiotherapy, medical devices, health care-associated infections, anaesthesia and surgery



What can help?

- Communicate your allergies, medicines and other conditions
- Understand your condition and treatment plan
- Share your needs, treatment preferences and any doubts
- Confirm your identity before tests, procedures or treatment
- Inform your care team immediately if you notice new symptoms
- Ask about sources of harm related to your treatment



4 SELF CARE AND LONG-TERM MANAGEMENT



Common source of harm

Problems with self-monitoring, treatment adherence, use of medications and medical devices



What can help?

- Know how to use your medications and medical devices
- Follow your care plan
- Monitor your condition and know your warning signs
- Know whom to contact if you have questions or in an emergency
- Use reminders or trusted digital tools, if available, to help manage your care



5 CARE COORDINATION AND TRANSITIONS



Common source of harm

Poor communication, missing information and poor coordination between health workers



What can help?

- Keep an up-to-date list of your medications and know when you last took them
- Keep a record of your appointments and test results
- Understand your follow-up plan and next steps
- Check that important information has been shared when moving between health workers or care settings
- Know whom to contact after a referral, transfer or discharge