

## What to Bring to Fairfax Hospital Packing Guidelines

It can be hard to know what to bring for you or a loved one's stay at Fairfax Hospital. It is our goal to provide the highest quality of healthcare to our clients. In order to do so, we have established some guidelines for your stay. Many of these guidelines are in response to mental health laws and regulations and all of our guidelines seek to protect the safety of our patients. Please review the following guidelines.

### **Please bring no more than 5 days worth of clothing for your inpatient stay:**

Jacket or sweatshirt without strings or a hood.

Comfortable, slip-on shoes or slippers.

No revealing clothing (i.e., no spaghetti straps, bare midriffs, short skirts, shorts, overalls, waistlines below the belly button).

No strings, shoe laces, or inappropriate shirt logos; no sharp metal accents on clothing (this includes underwire bras).

Grooming supplies should be kept to a minimum (i.e., only lipstick, eye shadow, foundation, etc.) and should not include alcohol ingredients, be in glass containers, or have glass mirrors.

Foam earplugs (also provided at Fairfax) are recommended as some roommates may snore (wax or hard plastic plugs are not allowed). Leisure materials such as books or word games are recommended but should not have spiral wires or metal rings.

All jewelry should be removed (including body piercings) as these will be removed on admission and returned at discharge.

Notify hospital of special medical needs before admission.

No electronic equipment, iPods, or musical instruments.

Patient Access Code

Be sure to get your patient code and pass the information on to family, friends and mental health professionals that you want to call or visit you. They will have to know your patient code in order to get in touch with you once you have been admitted.

### **Contraband**

The following items are considered to be contraband on all patient units. These items are not allowed on the unit. If a patient or visitor brings them in, they will be kept and stored until discharge:

Alcohol or any drug related paraphernalia, sharp objects such as razors, scissors, glass bottles, mirrors, picture frames, needles, pins, aluminum cans, spiral notebooks, keys, makeup pencil sharpeners, paper clips, hair clips, underwire bras and any other item with sharp edges or which can be broken to create sharp edges, shoe laces, belts, panty hose, rope, head bands, ace bandages, clothing with draw strings or long ties, matches and lighters, aerosol cans or fireworks of any kind, personal televisions, stereos, video games, CD players/recorders, boom boxes, computers, palm pilots, pagers, cell phones, any item with an electrical cord, etc., magazines, books, pictures or clothing items depicting drug or alcohol use, violence, racism, gangs, sexual situations or activities, Satanism or otherwise potentially offensive material, cameras, camcorders or any type of audio or visual recording device, weapons of any kind, candles or incense, plastic bags, medications of any kind and any other item deemed inappropriate or dangerous by the clinical staff.

## Visitation Guidelines at Fairfax

It is our goal to provide the highest quality of healthcare to our patients. In order to do so, we have established some visitation guidelines for our visitors. Many of these guidelines are in response to mental health laws and regulations and all of our guidelines seek to protect the safety, rights and confidentiality of our patients. Please review these guidelines before you visit.

### Visiting Hours

#### **Kirkland, WA**

10200 NE 132nd St.  
Kirkland, WA 98034

At this time there are no visitation hours at the Kirkland location.

#### **Monroe, WA**

14701 179th Ave. SE  
Monroe, WA 98272

Monday-Friday: 7:00pm – 8:00pm  
Saturday: 2:00pm – 3:00pm  
Sunday: 2:00pm – 3:00pm

#### **Everett, WA**

916 Pacific Avenue  
Everett, WA 99201

Daily: 7:00pm -8:00pm  
Sunday: 11:00am -11:50am  
& 7:00 pm – 8:00pm

## Visitation Guidelines at Fairfax

### **Flu Season**

Please do not enter hospital property if you are experiencing, or may have been exposed to, flu symptoms.

### **Visitor Identification**

You must check in with the receptionist in the lobby before you walk onto the units. The receptionist will ask you for identification, take your picture, and will then provide you with a dated visitor sticker when you sign in. We require that you wear this sticker in a prominent place at all times while on our grounds. If you are present on any unit without this sticker, you will be asked to return to the receptionist. Visitor ID stickers must be surrendered to staff when visitation is over. All visitors must leave personal possessions, including cell phones and scarves, purses, bags coats.

### **Number of Visitors**

Visitors are limited to three (3) unless visiting for a therapeutic family session where the participants will be determined by your treatment team.

### **Visitor Age**

Visitors must be 18 years or older. Anyone under the age of 18 is allowed to visit only on specific days of the week as outlined in our visitation times and must be accompanied by an adult. Please note, visitation with minors is conducted off-unit and your loved one must have physician approval to leave the unit. Please call ahead and speak with unit staff to ensure visitation with minors can be accommodated and is safe for your loved one.

Our visitation policies are intended to keep all patients and visitors safe. It is our desire to facilitate a smooth and therapeutic visitation. Please call us in advance to clarify, confirm or discuss any concerns.

### **Visiting in Patient Rooms**

All visitors must remain in common areas on the unit. You are not allowed to visit in a patient's room or behind closed doors. Minors are never permitted on any of the units, including the adolescent unit. Visiting with minors is held off-unit. Please call in advance to speak with unit staff to confirm if your loved one will be able to participate in off-unit activities.

### **Flowers & Balloons**

Unfortunately, we do not permit flowers or balloons on the hospital units. We suggest that you wait until the patient returns home to present these items so that they can fully enjoy them. If flowers or balloons are brought in, they will either be sent back with the family or left at the Front Desk until the patient discharges.

### **Patient Belongings & Valuables**

If you are bringing items to leave with a patient (i.e. clothing, toiletries, etc.), please give all items to the staff when you enter the unit. Some items may be sent home with you if they are considered to be contraband.

### **Visit Termination**

If at any time during your visit, you become disruptive to the unit or if your presence is upsetting to the patient, you may be asked to leave. All patients have the right to refuse any visitor and have the option to terminate your visit at any time.