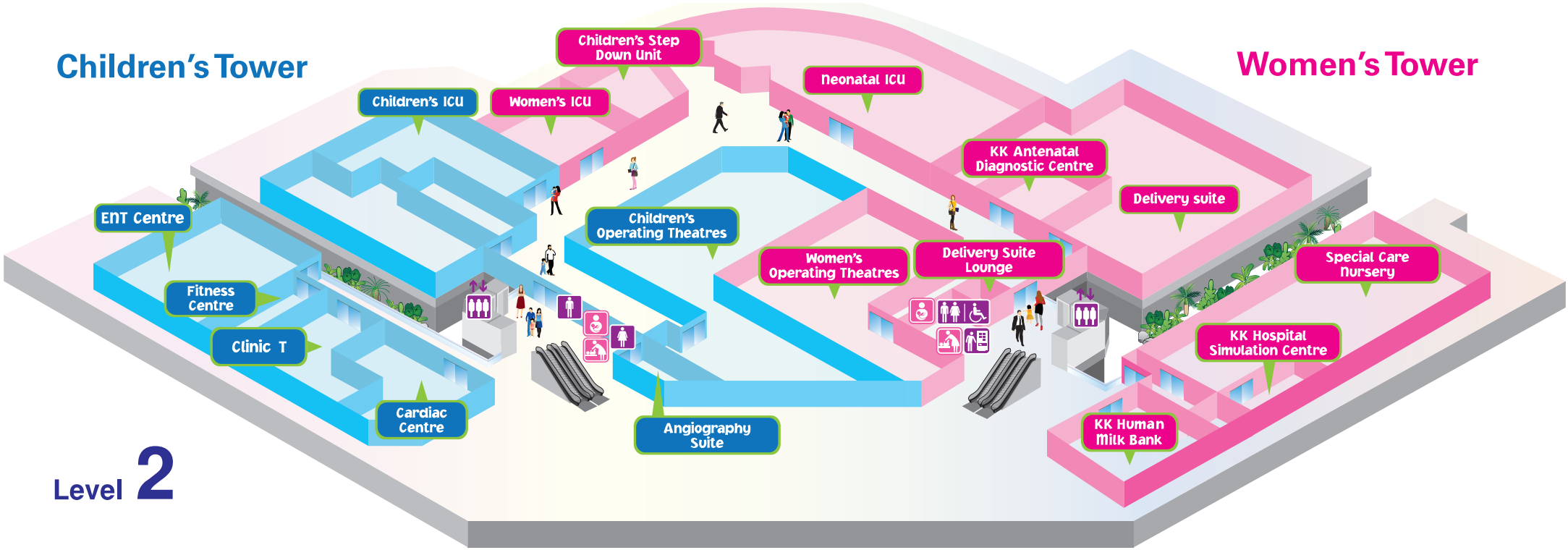


# KK Women's and Children's Hospital

## Children's Tower

## Women's Tower



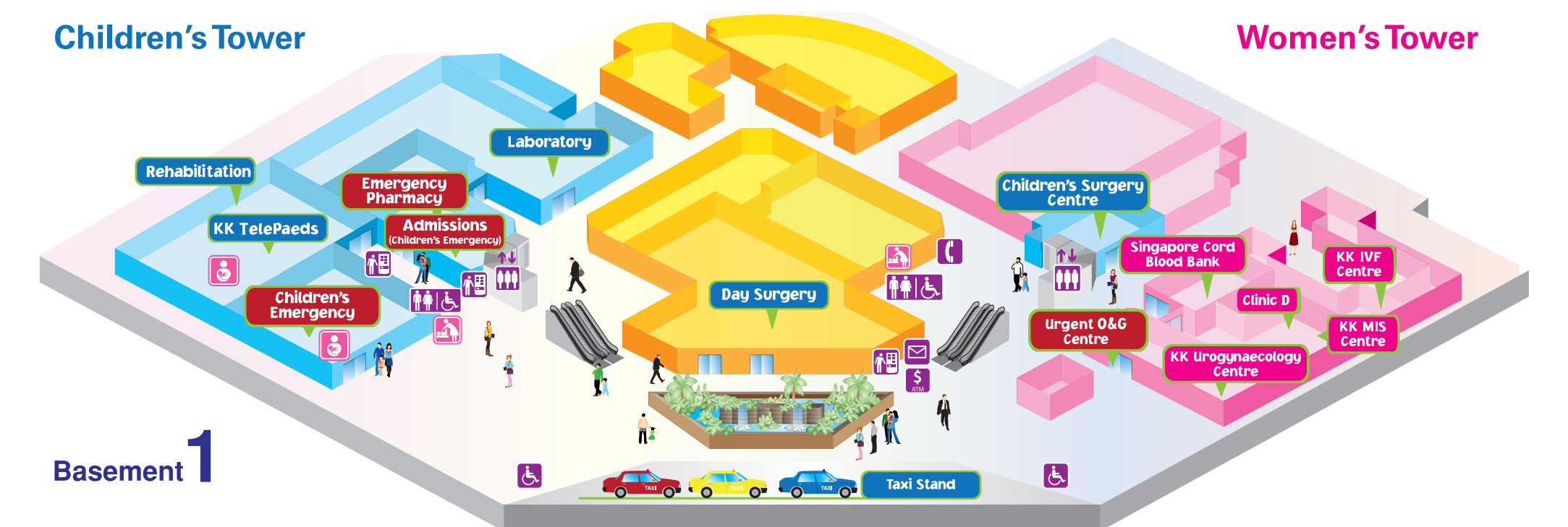
## Children's Tower

## Women's Tower



## Children's Tower

## Women's Tower



### Legend

- |          |                    |                  |
|----------|--------------------|------------------|
| Toilet   | Breastfeeding Room | Wheelchair       |
| Lift     | Diaper Changing    | Vending Machine  |
| ATM      | Restaurant         | SAM Machine      |
| Post Box | AXS Machine        | Public Telephone |

### Fire Safety

- If you discover or suspect a fire**
- Raise the alarm by breaking the glass of the nearest fire alarm call point.
  - Report to our hospital staff and follow any instructions given.
- If you hear the fire alarm**
- Follow the instructions from fire warden and listen to announcements.
  - Remain calm and use the nearest escape route. If the alarm rings while you are away from the ward, do not attempt to return to the ward.

### Did You Know?

At rest a normal person breathes 10-15 times a minute. A newborn takes about 40-50 breaths a minute.

Cuddling skin-to-skin with your baby has many beneficial effects. It includes the provision of warmth and comfort, allows you and your baby to know each other better, helps with breastfeeding and enhances maternal-infant bonding.

Breast milk is the best food for your baby as it contains all the nutrition that your baby needs in his first six months. Furthermore, through your milk, your baby will acquire the immunity which you have developed against certain illnesses.

Anything that is shiny, has sharp contrasting colors, or has complex patterns will catch an infant's eye. However, the newborn has a preference for looking at other human faces above all else.

Women blink nearly twice as much as men. As women have drier eyes, they blink more to moisten the eyes.

The key to managing your weight successfully is by ensuring that the calories that you consume does not exceed the calories that you use. Incorporating more fruits and vegetables into your diet is a good strategy as they make you feel fuller on fewer calories.