



COVID-19 Home Isolation Instructions for Surgery

For your upcoming surgery, you have/will be tested for COVID 19. We should have the result in the next day or two, but until you have surgery, you must isolate yourself to keep you and your surgical team safe.

- **Stay at home.** You should only leave home to get medical care. Do not go to work, school, grocery stores or any other public areas. If you must travel, don't use the bus or ride sharing or taxis.

Separate yourself from other people as much as possible.

Wear a mask. If you are around other people you should always have a mask on. This includes in your home, at your doctor's office, and anywhere else where you must be around other people.

Clean your hands often. Wash with soap and water for at least 20 seconds. Do this every time you blow your nose, cough, sneeze, go to the bathroom, and eat or prepare food. If you don't have soap, use an alcohol-based hand sanitizer with at least 60% alcohol.

Don't share personal items. Do not share dishes, drinking glasses, cups, utensils, towels or bedding.

Clean the surfaces you touch often at least once a day. Use a household cleaning spray or wipe to clean any surface you may touch. Common surfaces are counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

The days before your surgery and for two weeks after surgery, it will be critical that you take all precautions to avoid getting sick with Covid-19. Please keep yourself and your healthcare team safe during this time.

PLEASE NOTE:

Due to the dynamic nature of COVID-19 please be aware that your surgery could be cancelled at anytime, prior to the scheduled date.