

# How to Self-Isolate Prior to Surgery/Procedure

As you get ready for surgery/procedure, you must self-isolate from others as much as possible. If you develop symptoms of COVID -19 (such as fever, cough, trouble breathing) before your surgery/procedure, please contact your physician for further instructions.

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## Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work or other public places.



## Avoid contact with others

- No visitors unless essential (e.g. care providers).
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room from others in your home and use a separate bathroom if you have one.
- Make sure shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, stay at least two metres away from others at all times.



## Keep your distance

- Practice physical distancing. Stay at least two metres away from others at all times and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



## Wash your hands

- Wash your hands often using warm running water and soap or using an alcohol-based hand rub.
- Dry your hands with a paper towel or with a cloth towel that no one else will share.



## Cover your coughs and sneezes

- Cough or sneeze into a tissue, your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket and wash your hands.
- Lining the wastebasket with a plastic bag makes waste disposal safer. Always clean your hands after emptying the wastebasket.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a healthcare provider.
- Wear a mask when you are within two metres of others, or stay in a separate room.
- If you do not have a mask, stay at least two metres away from others and cover your cough and sneezes.



## What should I do if I develop symptoms?

Those experiencing symptoms, or who believe they may have been exposed to COVID, are encouraged to call 905-378-4647 ext. 42819 (4-CV19) to book an appointment. Testing at Niagara Health's COVID-19 Assessment Centres is available by appointment only.

Assessment Centres are prioritizing testing for those most at risk for having COVID-19.

Staff at the Assessment Centre will return calls as soon as possible to schedule a date and time for testing.

If you are an Ontario resident, you will need to bring your Ontario Health Card to the Assessment Centre with you when you arrive for testing.

For safety reasons, please do not come to the main entrance of the hospital or the Emergency Department for testing. Each Assessment Centre has its own entrance.

Visit

[NiagaraHealth.on.ca/COVID-19](https://NiagaraHealth.on.ca/COVID-19)  
for updates and tips to stay healthy.

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\*Adapted from William Osler Health System