

# 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.

Updated December 23, 2020

## 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.



**All patients who are coming in for surgery/procedure must be tested for COVID-19 within 72 hours of their appointment.**

**Please continue to self-isolate as noted.**

Your surgeon will complete a referral form for a COVID-19 test.

Staff at the Assessment Centre will contact you to schedule a date and time for testing. You will also be provided with instructions for visiting one of our COVID-19 Assessment Centres.

You will be screened 5 days prior to your booked surgical procedure by your surgeon's office.

Your COVID-19 test results will be provided to your surgeon prior to the day of surgery/procedure.

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

**niagarahealth**

Extraordinary Caring. Every Person. Every Time.