



### COVID -19 Self-Isolation Policy for Patients

Self-isolation is a way to protect against contracting the virus before your surgery/ procedure. Self-isolation means staying home – away from others who may have the virus. You should self-isolate from the time you are tested for Covid-19 to ensure you do not become infected prior to your procedure. Here are some helpful tips:

- Always wear a mask, even with family members in your own home
- Ask others in the family to wear a mask during this period, or spend your idle time in a different room of your home if possible
- Frequently disinfect highly touched surfaces in your home
- Frequently wash your hands
- Don't share food or drink with anyone
- Do not go out anywhere where there are crowds

This includes: picnics, parties, restaurants, gyms, congregation, mass transit (buses, trains, airplanes), ...etc

- Avoid grocery stores

Given this requirement, please do your grocery shopping and necessary pre-operative evaluations/consultations prior to Covid testing (nasal swab)

Use grocery delivery services as alternative option

- When eating and your mask is off, be sure there are no other people in the area
- You can work, but always wear a mask and follow the above instructions

This applies only if your work environment provides proper social distancing, hand hygiene, masks...etc

**\*If you have concerns that you have been in a high risk environment, you must let your physician's office know as soon as possible, as your procedure may be postponed**

**\*\*If you have any questions or concerns, please do not hesitate to contact your physician's office**