

This leaflet gives you important instructions about how to self-isolate before your surgery or procedure. **Your surgery/procedure may have to be cancelled if you do not follow these instructions.**

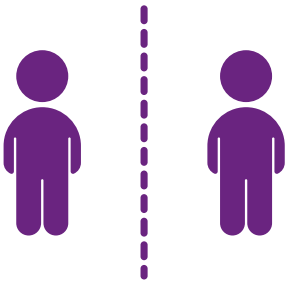
You will need to follow comprehensive social distancing and hand hygiene measures for 14 days prior to your admission, unless you are at greater risk of getting Covid-19.

**You will need to self-isolate from the day of your Covid swab to the day of admission (3 days).**

If your Consultant thinks you fall into the high risk category, you will have to self-isolate for 14 days prior to your operation/procedure. If you do not live alone your whole household should, ideally, isolate with you.

**It is very important that you follow these instructions to reduce the risk of you catching Coronavirus (COVID 19) which could impact on your surgery/procedure and could cause serious complications.**

## How do I socially distance?



- **Do not** socialise indoors in groups of more than two households (anyone in your support bubble counts as one household) – this includes when dining out or going to the pub
- **Do not** socialise outdoors in a group of more than six people from different households; gatherings larger than six should only take place if everyone is from exclusively from two households or support bubbles

- **Do not** interact socially with anyone outside the group you are attending a place with, even if you see other people you know, for example, in a restaurant, community centre or place of worship
- **Do not** hold or attend celebrations (such as parties) where it is difficult to maintain social distancing and avoid close social interaction – even if they are organised by businesses and venues that are taking steps to follow COVID-19 Secure guidelines
- **Do not** stay overnight away from your home with members of more than one other household (your support bubble counts as one household)
- **Do**, where available, use sanitiser outside your home, especially as you enter a building and after you have had contact with surfaces
- **Do** avoid touching your face
- **Do** avoid peak travel times on public transport, where possible and avoid densely crowded areas
- **Do** walk or cycle wherever possible
- **Do** wear a face covering at all times on public transport, shopping or when attending a hospital as a visitor or outpatient
- **Do** work from home if you can
- **Do** wash your clothes regularly



## How do I self-isolate?



You should:

- **Not** leave your home to go to work, school, or public areas
- **Not** use public transport
- **Not** attend any gatherings - this includes gatherings of friends and families in private spaces, e.g., family homes, weddings and religious services
- **Not** go out even to buy food or other essentials if this is possible - exercise should be taken within your home
- Ask for deliveries of food or medication to be left at the door to minimise contact
- Use telephone or online services to contact your GP or other essential services
- Wash your hands frequently with soap and water for 20 seconds
- Avoid touching your eyes, nose, throat and mouth
- Ask carers or support workers who visit your home to also wash their hands



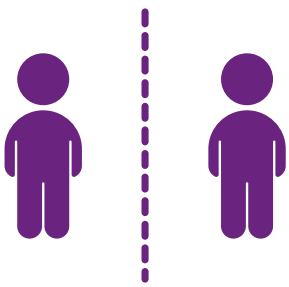
### How long do I need to self-isolate for before my operation/procedure?

If you are thought to be at greater risk of getting Covid-19 your consultant and/or clinical team will discuss this with you.

- You will need to isolate for 14 days.



## How do I self-isolate?



**Some high risk or cancer patients may be need to self-isolate for 14 days after their operation/procedure.**

**Your consultant and/or clinical team will inform you if you need to do this.**

### **Does my whole household have to isolate with me beforehand?**

Ideally, your whole household should isolate with you.

However, if any members of your household are unable to self-isolate because they are going to work or to school, **you should reduce all 'non-essential contact'** with them, and with everyone else in your household.

### **How can I avoid 'non-essential contact' with the other members of my household during self-isolation?**

- Minimise the time you spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep these areas well-ventilated
- Maintain social distancing with other people you live with by keeping 2 meters (3 steps) away and encouraging them to sleep in a different bed where possible
- If you can, use a separate bathroom from the rest of the household or if you share a toilet and bathroom with others:
  - Consider drawing up a bathing rota - you should schedule yourself to use the facilities first
  - Use separate towels from the other people in your household
  - It is important that the toilet and bathroom are cleaned every time after use
  - Wipe surfaces with which you have all come into contact, such as taps, handles, countertops, etc.
  - Avoid using your kitchen when others in the household are present, and, if possible, take your meals back to your room to eat, use a dishwasher to clean and dry used crockery and cutlery, but if this is not possible, wash them using your usual washing-up liquid and water and dry them thoroughly. If you are using your own utensils, remember to use a separate tea towel for drying these.



## How do I self-isolate?



### How will I be checked for COVID 19?

- You will need to have a Covid-19 swab before your surgery/procedure to test for COVID-19
- The COVID swab will be taken 72 hours prior to your admission and you will need to attend the Hospital for this test
- You will only be contacted about your result if it is positive for COVID 19
- If you are isolating for 14 days one of the pre-operative assessment team will also phone you a week before your surgery/procedure to check that you, and your household, do not have any COVID-19 symptoms and that you are coping well



### How should I travel to hospital for swabbing, appointments and surgery?

- You must not use public transport
- You should preferably travel by a private household car on your own, or with someone from your household who has been self-isolating or maintaining social distancing if unable to self-isolate.
- If you need to take a taxi, you should wear a face mask, keep the windows open if possible, and use a hand sanitiser before you get into, and after you get out of, the taxi.

**If you are coming in as a DAY CASE PATIENT do not drive yourself.**

**You will not be able to drive home after your surgery/procedure.**

### Does the person escorting me home after my procedure have to be a member of my own household?

Preferably, they should be someone from your own household. Alternatively, your escort could be someone who lives elsewhere and has been self-isolating. If they have not been self-isolating, they must not have any symptoms of COVID –19 (a high temperature, and/or a new/continuous cough, and/or loss or change in sense of smell or taste), they will need to wear a surgical face mask and wash their hands. Remember to make sure that the vehicle in which you travel is well-ventilated.



## Contacts

### Useful sources of information

#### **Government Coronavirus information**

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

#### **NHS Coronavirus information and latest NHS guidelines in 60 languages (translated by Doctors Of The World/British Red Cross)**

[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

[www.doctorsoftheworld.org.uk/coronavirus-information/](http://www.doctorsoftheworld.org.uk/coronavirus-information/)

#### **NHS 111, offering medical help and advice from fully trained advisers supported by experienced nurses and paramedics**

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tel: 111; [www.111.nhs.uk](http://www.111.nhs.uk)