

PREOPERATIVE SELF-ISOLATION INSTRUCTIONS

At Rockville Surgical Suites, the health and safety of our patients are top priorities. To protect you and others, all patients will be tested for COVID-19 prior to having a surgery or procedure. Testing is in the best interest of our patients and reduces your risk for complications after surgery. If you have surgery or a procedure planned, you will be tested for COVID-19 prior to your surgery. The results can take 1-4 days to receive or up to 10 depending on the location of your test, **so you will need to self-isolate from the time the test is taken until the day of your surgery or procedure. If you do not receive your results the day before your surgery**, contact your doctor's office immediately. Please follow the instructions provided below: The Adventist Urgent Cares at Rockville, Laurel, Tacoma, and Germantown have partnered with us and will process the COVID-19 test within four days from your surgery date.



STAY HOME except to get medical care People who are mildly ill with COVID-19 are able to isolate at home during their illness. **You should restrict activities outside your home, except for getting medical care.** Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.



SEPARATE YOURSELF from other people and animals in your home **As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.**



Wear a FACE MASK You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room.



CLEAN your hands often **Wash your hands often with soap and water for at least 20 seconds**, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.



AVOID SHARING personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. **After using these items, they should be washed thoroughly with soap and water.**



CLEAN all "high-touch" surfaces everyday

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones,

keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them.

Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

DURATION of home isolation **The results take 1-4 days or longer depending on where the test is performed to receive, so you will need to self-isolate from the time the test is taken until the day of your surgery or procedure.**

If your test comes back negative for COVID-19, you must follow all preoperative instructions. If your test comes back positive, your surgery will be postponed