

PREOPERATIVE SELF-ISOLATION RECOMMENDATIONS

During the coronavirus (COVID-19) pandemic, WellSpan Health has stood as a prepared and trusted partner for our friends and neighbors in Central PA – taking appropriate measures to slow the spread of COVID-19 while continuing to deliver the safest, highest quality care.

Your safety is our top priority.

We've taken thoughtful and comprehensive measures to prevent the spread of infection in our facilities, including routine COVID-19 screenings for staff and patients; face covering requirements for both staff and patients; continued restriction of visitors; and extensive cleaning and sanitization within WellSpan Health facilities. You can learn more about our safety measures at [WellSpan.org](https://www.wellspan.org).

You will be tested for COVID-19 at a WellSpan testing site prior to your elective surgery or procedure.

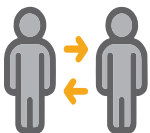
Your results will be communicated through your MyWellSpan portal or during a phone call from a WellSpan Health representative. If you have a positive COVID-19 test result, the representative will discuss next steps with you.

After receiving a COVID-19 test, we encourage you to follow the self-isolation recommendations below to the best of your ability:



STAY HOME except to get medical care.

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 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) 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 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.

We encourage you 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. Your physician's office will follow up with you when your surgery or procedure can be rescheduled. If your surgery is deemed necessary while you're infected, you will need to follow specific instructions to reduce the risk of spreading COVID-19.