

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 procedure, please contact your physician for further instructions.

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.



What should I do if I develop symptoms?

Begin with the self-assessment tool on the Ministry of Health website. The tool will help you determine how to seek further care.

If recommended, call Public Health at 905-688-8248 ext. 7019 or 1-888-505-6074. You will be assessed over the phone and may be referred to a Niagara Health COVID-19 Assessment Centre.

If you receive a referral, staff at the Assessment Centre in St. Catharines or Niagara Falls will contact you directly to arrange an appointment. Assessment Centres are unable to accept walk-ins.

At the Assessment Centre, you will be seen by healthcare professionals who will assess your condition and test you for the virus if needed.

Visit
NiagaraHealth.on.ca/COVID-19
for updates and tips to stay healthy.

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*Adapted from William Osler Health System