

Preparing to have a Procedure or Surgery During COVID-19

We want you to feel prepared to have your procedure or surgery during this time.

There are certain safety measures you should take to keep you and your healthcare team safe.

Stay at home as much as possible for one week before your COVID-19 test.

Continue to isolate (stay away from others) until the day of your surgery or procedure. You will be at lower risk of being exposed to COVID-19. Your surgery or procedure may be delayed if you test positive for COVID-19.

If you must leave your home, do the following to stay safe:

- Always wear a mask when indoors in public settings, and when social distancing outdoors cannot occur.
- Stay at least 6 feet away from others.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not ride in a car with others except for those who live in your home.
- Avoid any gatherings (church, restaurants, breakrooms, closed office spaces).
- Stay in well-ventilated areas.

We also strongly recommend you get a flu shot. You may be able to get your flu shot at a Spectrum Health lab or a pharmacy near your COVID-19 testing location. We are grateful for your help in keeping yourself and our community safe.

Thank you from your Spectrum Health Team

For more information: Centers for Disease Control and Prevention www.cdc.gov

This handout does not take the place of a discussion with your doctor.
Discuss any questions or concerns you may have with your doctor.