



Stevenson Memorial Hospital
Surgery
**Pre-operative Covid-19 Testing:
Swabbing and Self-monitoring**

You have been booked for a procedure by: Dr. _____ on _____.

Stevenson Memorial Hospital (SMH) is requesting that all patients coming to hospital for procedures undergo **pre-procedure COVID-19 swab testing at the SMH COVID-19 Assessment Centre**. **The Centre will be open Monday, Wednesday Thursday and Friday from 9 a.m. to 5 p.m.** Individuals will have the ability to book an appointment up to 21 days in advance. The phone line will remain available for those who prefer to book by phone **(249) 501-0383** and will be open from 9 a.m. to 5 p.m. on operating days. The online booking feature is at www.stevensonhospital.ca home page (COVID-19 Assessment Centre feature page). **Please bring your health card and driver's license, with you.**

This testing is necessary due to the asymptomatic nature of some affected individuals, as well as, the presence of community spread within our geographic area. Efforts need to be made to reduce their risk of exposure to illness in the community therefore you will be asked to **self-isolate and self-monitor for symptoms of COVID-19 prior to your procedure**. Self-isolating is the best way to protect yourself from getting COVID-19 and lowers the risk of exposing others at the hospital.

- Your surgical office will instruct you on when to get your COVID-19 swab. Please do not contact the hospital for your results, as you will be contacted if your swab test is positive for COVID-19.
- Follow the self-isolation guidelines as possible for 14 days leading up to your procedure or from the time of booking if less than 14 days (essential employment or necessary care for dependents will not be grounds to cancel your procedure).
- Fill in the self-monitoring table below and bring it on the date of your procedure.

During this time, we are doing our best to balance the need to provide essential care to you and our community in light of constantly changing demands on our hospital resources. We will do everything within our power to ensure we can go ahead with your procedure, however with the unpredictability of Covid-19 surges, it is possible that your procedure could be cancelled up to and including the day of the scheduled procedure.

Please practice **good health habits** and **check your temperature and symptoms** for 14 days prior to your appointment or from the time of booking if the procedure is less than 14 days away.

Early data suggests that if you develop COVID-19 in the post-operative period, rates of complications and even death increase significantly. For this reason, we also recommend self-isolating after the procedure.

First Date of Isolation: _____ Procedure Date: _____

Practice **good health habits** to decrease risk of exposure to illness:

Wash your hands

- Wash your hands using soap and water for 15 seconds.
- Dry with paper towel or towel that is not shared.
- Clean your hands with alcohol hand sanitizer if soap and water not available.
- Avoid touching your face
- Disinfect common touch areas frequently



Stay home

- Do not use public transit, taxis or rideshares.
- Do not go to work or school (if possible), or any other public places including grocery stores.

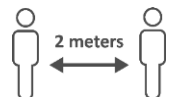


Avoid contact with others

- No visitors to your home unless essential (e.g. care provider).
- If possible, stay in separate room from other people in your home and use separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open window if weather permits)
- If you are not able to separate yourself from others, make sure you keep a distance of at least two meters from others at all times.
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).

Keep your distance

- If you are in a crowd, keep a distance of at least two meters (6 feet) and wear a mask that covers your nose and mouth.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze and put tissue in the garbage. Wash your hands.
- Cough or sneeze into your upper sleeve or elbow, not your hand.



Wear a mask over your nose and mouth

- Wear a mask when leaving the house.
- This can be any face covering you have access to (including cloth).
- Wear a mask when you can't keep a distance of two meters or more from people or stay in a separate room.
- If you do not have a mask, keep a distance of at least two meters or more from people.
- Household contacts should also wear a mask whenever they are within 6 feet of you. Especially important if people you live with work outside of the home.
- Your driver when coming to the hospital should also wear a mask.



We also request that you **self-monitor** using the record provided on page 4:

- *Check your temperature and symptoms twice a day for 14 days prior to the procedure date, or from the time you are notified of the procedure date if it is less than 14 days, and record them.*

Symptoms of Coronavirus (COVID-19) include:

Fever of 37.8 or higher	Chills
Cough, new or worsening	Shortness of breath, new or worsening
Difficulty swallowing	Sore throat, hoarse voice
Nausea/vomiting, diarrhea, stomach pain	Runny, stuffy or congested nose (not related to seasonal allergies)
Headache, new or unexplained	Pink eye
Lost sense of taste or smell	Muscle aches
Falling down often	Extreme tiredness that is unusual
New confusion if over age of 70	

- **Please call your surgeon's office/booking office immediately if:**

- If your temperature is 37.8 C or higher, or you show signs as stated above within 14 days of your procedure date.
 - You are in contact with anyone with acute respiratory illness (cold symptoms) or travelled outside of Ontario in the last 14 days.
 - You are in contact with anyone in the last 14 days who has had Covid-19, or suspected to have COVID-19.
 - You are diagnosed with COVID-19.
- **Bring the Self-Monitoring Record to the hospital when you come for your procedure.**
 - **PLEASE NOTE THAT YOUR SURGERY/PROCEDURE MAY BE POSTPONED UP TO AND INCLUDING THE DAY OF SURGERY.**

Pre-operatively

- You need a working cell phone as you may be asked to wait in the car to maintain social distancing.

Day of Surgery

- Continue to self-monitor for symptoms and call the hospital if you develop them.
- Plan to have someone drop you off at the front entrance.
- A support person will not be able to accompany the patient into the hospital unless the patient is under the age of 18.
- A support person with a working cell phone must be available to pick you up within 15-30 minutes of a call from our staff. This will help us maintain social distancing in waiting rooms and recovery rooms, helping to keep you, other patients and our staff safe.
- Please ensure you bring written contact information that will accompany you throughout your stay if you want a family member or friend to receive information.

Possibility of COVID-19 Exposure

The nature of the virus indicates that even asymptomatic people can transmit disease. This means despite all efforts to ensure staff and patient safety, there will always be a small possibility of being exposed to COVID-19 in any public space including our hospital. Patients need to consider this fact when determining if surgery is right for them at this time.

Evidence has shown that the highest procedure putting health care members at risk is putting

patients to sleep for surgery. We ask that because of this, you be forthcoming with your symptoms.

Thank you



	Date	<u>TEMPERATURE READING</u>				<u>SYMPTOMS</u>
		Time	Morning Temperature	Time	Evening Temperature	Fever, cough, shortness of breath or difficulty breathing (See full list on page 3)
		Check your temperature twice daily by using a Temporal or Oral thermometer (circle one) and do not share it with anyone				
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						

Day 12						
Day 13						
Day 14						