

**MONITOR YOUR HEALTH AND HOME QUARANTINE.**

It is important that you are protected from any possible exposure to COVID-19 before surgery. You should quarantine yourself and your hospital visitor prior to your scheduled procedure. Make sure you perform good handwashing and avoid any person who is ill or is not quarantined.

- Stay at home, except to receive medical care, until the morning of your surgery
- Wear a mask or face covering, such as a handkerchief or scarf, when you are around anyone in your household who may have been exposed or who have symptoms of COVID-19
- Enlist family support to pick up groceries, prescriptions and other personal needs
- Perform proper hand hygiene frequently by washing your hands with soap and water for 20 seconds
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean "high-touch" surfaces daily
- Avoid sharing household items such as dishes, drinking glasses, cups, utensils, towels, bedding or other items
- Prohibit visitors who do not have an essential need to be in the home
- Check your temperature twice a day. Call your doctor if you have a temperature greater than 100.4