

THE FOLLOWING INSTRUCTIONS NEED TO BE FOLLOWED FROM THE TIME OF COVID TESTING UNTIL THE TIME OF YOUR PROCEDURE. IF YOU DO NOT FOLLOW THE SELF QUARANTINE INSTRUCTIONS YOUR SURGERY MAY BE CANCELLED.

INSTRUCTIONS FOR SELF QUARANTINE

- **Separate yourself from others in your home –**

As much as possible, you should stay in a specific room and away from other people and the pets in your home. Also, you should use a separate bathroom, if available. **Do not go to work, school, or public areas.** Avoid using public transportation, ride-sharing, or taxis. **Please stay home until your surgical procedure.**

Ask: Are you able to safely isolate from other people in the home? See FAQ [about vulnerable people in the home guidance.](#)

- **Monitor other people in the home**

Monitor everyone in the home for symptoms of COVID-19 like fever, cough and shortness of breath for 14 days from when you recover from the illness or from the day when you isolated yourself from the other people in your house (separate bedroom/bathroom)

- **Quarantine of household contacts**

Other people who live in your home need to stay home for 14-days from day you recover or when you separated yourself from the other people in your home (separate bedroom/bathroom). This is to keep the virus from spreading in the community. If they need to leave to run essential activities, please ask them to wear a face mask or cloth covering.

- **Wear a facemask, if possible –**

Wear a facemask when you are around other people (e.g., sharing a room or vehicle) and especially before you enter a healthcare provider's office. If you are not able to wear a facemask (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 facemask if they enter your room.

- **Cover your coughs and sneezes –**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands.

- **Clean your hands often –**

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Soap and water should be used preferentially 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 or pets 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.

- **Monitor your symptoms –**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing, signs of low blood pressure etc.). Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting sick. If an option, consider a telehealth visit.

Additional information about COVID19 on CDC’s website: www.cdc.gov/COVID19.

Can also share the IDPH patient guide from the IDPH COVID-19 website which can be found under the link “[Personal Guidance and Testing](#)”

Stay home and take care of yourself. You can follow some steps to prevent others in your household or community from getting sick.

- **Drink plenty of water and other clear liquids to prevent fluid loss (dehydration).**

- **Treat fever and cough with medicines you can buy at the store. Follow the directions on the label.**

- **Stay home except to get medical care –**

- **Refer to [appropriate hotline](#) for remote telemonitoring.**