

# Having Surgery during a Pandemic Infection Prevention Guide

Ensuring the safety of our patients and staff is a top priority.

We recognize the added stress of the COVID-19 Pandemic may have you feeling more anxious about your upcoming surgery or procedure.

Please be assured that our routine diligent infection prevention measures are still in place as well as additional pandemic measures in accordance with recommendations to hospitals by the Ontario Ministry of Health

<https://www.mhalliance.on.ca/>



 Middlesex Hospital Alliance  
Strathroy Middlesex General Hospital site  
Four Counties Health Services site

## Screening

You will be asked about symptoms or risk factors for the COVID-19 virus at several check points before your surgery. Because symptoms or exposure risk may change over time, it's important that we ask the screening questions more than once and as close as possible to the time of your procedure. Thank you for your patience with us.

## Assessment

There may be times when additional assessment of your health may be required. Be assured, this does not mean your surgery will not take place. It's recognized that patients who have infection at the time of their surgery are at greater risk of developing complications during their health care journey. **Your safety is very important to us. Please provide us with thorough and accurate information.**

## *Help Prepare yourself for your surgical procedure*

### Expectation 1. Physical Distancing

- Practice physical distancing before and after your procedure. This means maintaining a distance of at least 2 metres (6 feet) between yourself and others.
- If you anticipate being in situations where distancing may not be not possible, perform hand hygiene and wear a mask.
- **Please ensure you comply with physical distancing.** Refer to Public Health Ontario Fact Sheet.

[Physical Distancing \(Public Health Ontario\)](#)

**Please note that changing circumstances during the current pandemic may result in cancellation or rescheduling of your procedure at any point.**

Here's  
what  
you can  
expect



**Bring your mask!**

## Expectation 2. Self-Isolation

- It's recommended that you self-isolate for up to 14 days prior to your surgery or procedure to decrease your risk of exposure to COVID-19 in the community.
- Stay home and away from others as much as possible. If you must leave home for work, ensure your work environment is safe, practice physical distancing and self-isolate to the extent possible.
- **Please ensure you develop a self-isolation plan & comply with instructions around self-isolation.** Refer to Public Health Ontario Fact Sheet.

### Self-Isolation (Public Health Ontario)



Stay Home



Avoid contact with others



Keep your distance



Clean your hands

## Support Persons/Visitors

During this time we are required to limit the number of people coming to the hospital. If you need assistance or support the day of your procedure, please ensure that only one person who is free of symptoms and who has not been exposed to COVID -19 accompanies you to the hospital.

Our visitor policies are evolving. Please refer to our website for up to date information.

<https://www.mhalliance.on.ca/>

## At the Hospital

- Everyone entering the hospital must be screened for COVID-19 symptoms and exposure risk
- You will be asked to perform hand hygiene
- Everyone entering the hospital must wear a mask. The mask must remain on at all times unless you are directed by a healthcare worker to remove or replace it.
  - Perform hand hygiene before putting on your mask
  - Make sure the mask covers your mouth and nose
  - Do not touch the front of the mask. If you do, perform hand hygiene.
  - Remove the mask by handling the ties or ear loops only. Disposable masks should be discarded. Reusable masks can be placed into a clean paper bag.
  - Perform hand hygiene again, once you have removed your mask.
- You will also see staff throughout the hospital wearing masks and performing hand hygiene.

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