



VOLUNTARY ISOLATION AT HOME FOR YOUR SURGERY

As soon as your surgery is scheduled or after a call from the Pre-Surgery Clinic (PSC/Pre-Admission Clinic), you must follow these seven guidelines until your operation.

You have been placed on a priority list of people who could be operated on during this pandemic. The purpose of this procedure is to:

- Protect you from the risk of contracting COVID-19 while waiting for your surgery.
- Protect caregivers and other patients from the risk of contracting COVID-19 during and after surgery.



People with cancer are at increased risk of developing complications as a result of COVID-19.

1. STAY AT HOME.

You need to isolate yourself, in your own home, which means:

- Not leaving your home unless directed to do so (e.g., to seek medical care).
- Not going to school, work, or other public areas.
- Not using public transportation (e.g. buses, subways, taxis).

Your surgeon will give you a medical excuse issued through the Pre-Surgery Clinic (PSC/Pre-Admission Clinic).

2. FOLLOW GOOD RESPIRATORY ETIQUETTE AND HAND HYGIENE PRACTICES.

Respiratory Hygiene

Respiratory etiquette is intended to minimize the spread of respiratory droplets when coughing, sneezing, or talking. This applies to you as well as to the people who live with you.

When coughing or sneezing:

- Cover your mouth and nose with your arm.
- Dispose of the tissue as soon as possible and wash your hands immediately afterwards.

OR

- Cough/sneeze into the crook of your arm rather than your hand.
- Wash your hands immediately after coughing or sneezing.

Hand Hygiene

Hand hygiene refers to handwashing or hand sanitizing and actions taken to maintain healthy hands and fingernails.

It should be performed frequently with **soap and water** for at least **15 to 20 seconds**:

- **Before and after** preparing food.
- **Before and after** eating.
- **After** using the bathroom.
- **When** your hands look dirty.

Handwashing with **plain soap and water** is the preferred method of hand hygiene.

If **soap and water are not available**, use a **hand sanitizer containing at least 60% alcohol**. Ensure that all surfaces of your hands are covered (backs, palms, and between the fingers) and rub them until your hands feel dry. For visibly soiled hands, use a wipe first to remove the dirt and then use a hand sanitizer.

Avoid touching your eyes, nose, or mouth with unwashed hands.

3. MONITOR YOUR SYMPTOMS.

Fever or cough, or sore throat, or cold | nasal congestion or breathing difficulties, or loss of sense of smell or diarrhea.

You should **immediately notify the Pre-Surgery Clinic (PSC/Pre-Admission Clinic) or hospital admitting department if symptoms of COVID-19 appear**. You will be given priority treatment, specific to your situation, because you are waiting for surgery. A **PSC/Pre-Admission Clinic** nurse will guide you through the process. In addition, if you also have the current criteria for screening the general population, you can call the Québec government's COVID-19 information hotline at 1-877-644-4545 for a more in-depth assessment.

4. LIMIT CONTACT WITH OTHER PEOPLE.

Except for caregivers, you must avoid being within two metres (six feet) of other people. Visitors are prohibited.

When interactions within two metres are unavoidable, they should be as brief as possible. Arrange for supplies or food to be dropped off at the front door of your home to keep direct contact to a minimum.

5. AVOID SHARING PERSONAL HOUSEHOLD ITEMS.

You should not share personal items such as toothbrushes, towels, facecloths, bedding, cigarettes, unwashed kitchen utensils, beverages, telephones, computers, or electronics with others.

6. CLEAN ALL SURFACES THAT ARE FREQUENTLY TOUCHED.

Frequently touched surfaces, such as toilets, bedside tables, and door handles, should be disinfected daily with a commercially available disinfectant or diluted bleach solution (mix 1 part bleach in 9 parts water). Frequently touched electronics—such as phones, computers, and other devices—can be disinfected with 70% alcohol (e.g., alcohol wipes).

Adapted from the federal government's instructions for isolating a case in the home or co-living setting.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-cases-contacts.html>

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