



Self-Care Information Prior to Procedure Including COVID-19 Precautions

Thank you for trusting your care to Community Medical Centers, your health is our highest priority. As you prepare for pre-assessment testing, it is time to rest and focus on caring for YOU! Here are some important reminders while you Self-Isolate.

Self-Isolate: Stay Home Except to Get Medical Care

Test results usually are ready in **24 hours**. While you Self-Isolate and await your test results and procedure, you should restrict all activities outside of your home, unless you require medical care. You and your close household members should only leave your home when absolutely necessary from the time of your pre-procedure screening appointment to the day of your procedure. Avoid all public areas. Restrict visitors, only household members and caregivers should be entering your home during this time.

Wear a Facemask

Please wear a cloth face covering or mask in public areas where social distancing measures are difficult to maintain, like in grocery stores and pharmacies. You should wash your cloth face covering daily. **You must wear your mask when coming to the hospital for any appointments and on the day of your procedure.**



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 wash your hands as instructed below.

Clean and Wash 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 (not just sanitizer) 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

Cleaning high touch surfaces can reduce your risk of getting sick. High touch surfaces include counters, tabletops, remote controls, 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.

If You Become Ill

Monitor yourself for symptoms and seek prompt medical attention if you become ill. Symptoms including fever, shortness of breath, chills, and body aches should be reported to your provider immediately. Before seeking care, call your healthcare provider to inform the provider you are preparing for a procedure and have been tested for COVID-19. **Put on a facemask before you enter your doctor's office or any facility.** These steps will help you and other people in the office or waiting room from getting infected or exposed.

If you have a medical emergency call 911 for immediate assistance. If possible, put on a facemask before emergency medical services arrive.

Call Ahead Before Visiting Your Doctor

If you have a medical appointment, **wear your mask from home before entering the clinic.** If you do not have a mask, cover your mouth and nose with a bandana or scarf until a mask is given to you. Once in the clinical space, wear a mask at all times. Cleans hands often, either with soap and water for 20 seconds, or with hand sanitizer when more practical – especially before touching doorknobs, elevator buttons, or other high-contact areas. Try to maintain a social distance of at least 6 feet from other patients and staff members outside of an exam room. Ask your medical team any questions you may have.

After Your Procedure

While you recover, you should continue to practice all of the above self-care recommendations. Stay at home, wash your hands often, and wear your mask when there are others within 6 feet. Rely on your loved ones to support your healing and maintain a clean environment. If you should become ill, call your provider. When you return for your post procedure visit, wear your mask as instructed.

If you have additional concerns or questions please contact your healthcare provider.

