

Preparing for Safe Surgery: Self-Isolation

Baptist Health is committed to safety, and testing is now required prior to surgery — even if you have no symptoms or reason to believe that you may be COVID-positive. After testing, it is critical that you be prepared to self-isolate for up to 4 days (estimated time from test date until date results are received) to **prevent exposure to COVID-19 prior to surgery.**

BEST PRACTICES FOR SELF-ISOLATION PRIOR TO SURGERY	
Stay home and limit movement outside of your home; those who live with you need to do the same	✓
Wash your hands often with soap and water	✓
Wear a cloth face covering when around others in your home	✓
Get rest	✓
Stay hydrated	✓
Monitor for fever and other COVID-19 symptoms, including cough and shortness of breath. Notify your doctor if you notice any changes in your health.	✓
Follow care instructions from your health care provider	✓
Avoid sharing personal household items including dishes, cups, towels and bedding	✓
Disinfect all frequently touched surfaces often (doorknobs, refrigerator door, cell phone, etc.)	✓
Use phone or virtual visits to stay in touch with family and friends	✓
Order groceries or needed items online and have them delivered to your home	✓
Go for a walk or exercise outside (remain at least 6 feet away from others and wear a face covering if there is a chance you may be in an area where it is difficult to maintain distance)	⚠
Visit the grocery store or run errands	✗
In-person visits with family and friends	✗



Continuing



Caution



On Hold

For more information, visit [CDC.gov](https://www.cdc.gov) —
[Social Distancing, Quarantine and Isolation](#)

