

You have been tested for COVID-19 as a precautionary step prior to your surgery at Sauk Prairie Healthcare. You should **self-isolate** and **self-monitor until the date of your surgery** \_\_\_\_\_ in order to protect yourself, your surgical team, and your community from COVID-19.

## Self-Isolation



**Stay home** (or other location approved by public health). This means do not go to work, school, or public areas. If you need medical care, it is important you follow the instructions below.



**Separate yourself from other people and animals** in your home. As much as possible, you should stay in a specific room and away from other people in your home. If possible, you should use a separate bathroom.



**Avoid sharing personal household items.** You should not share dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



**Wash your hands often** and practice good hygiene.



**Wear a facemask** if you need to be around other people and **cover your mouth and nose with a tissue** when you cough and sneeze.



**Postpone all non-essential medical appointments until you are out of isolation.** If you have an essential appointment during the isolation period, please tell your local health department who will help coordinate the visit.

## Self-Monitoring



**If you have a thermometer, measure your temperature twice a day**, once in the morning and once at night. Otherwise watch for symptoms of fever like feeling hot, chills or sweats.



Watch for a worsening **cough** or **difficulty breathing**.



If you have been tested for COVID-19, **your doctor will contact you when your test results are available.** Do not contact your local health department for test results.

**IMPORTANT:** If you become ill or begin to experience symptoms of COVID-19 (fever, cough, shortness of breath) prior to your surgery, please call your surgeon to discuss your symptoms further.

## What is COVID-19?

COVID-19 stands for "coronavirus disease 2019." It is caused by a virus called SARS-CoV-2. The virus first appeared in late 2019 and quickly spread around the world.

People with COVID-19 can have fever, cough, and trouble breathing. Problems with breathing happen when the infection affects the lungs and causes pneumonia.

Most people who get COVID-19 will not get severely ill. But some do. In many areas, leaders are ordering people to stay home and away from other people. This is to try to slow the spread of the virus.

## How is COVID-19 spread?

The virus that causes COVID-19 mainly spreads from person to person. This usually happens when a sick person coughs, sneezes, or talks near other people. Doctors also think it is possible to get sick if you touch a surface that has the virus on it and then touch your mouth, nose, or eyes. This is similar to how the flu spreads, but the virus that causes COVID-19 spreads more easily.

The virus can spread when people are showing symptoms or when they don't have any symptoms.

## What are the symptoms of COVID-19?

Symptoms usually start 4 or 5 days after a person is infected with the virus. But in some people, it can take up to 2 weeks for symptoms to appear.

Symptoms can include:

- Fever
- Dry cough
- Feeling tired
- Muscle aches
- Trouble breathing

Although less common, some people have other symptoms, such as headache, sore throat, runny nose, or problems with their sense of smell or taste. Some have digestive problems like nausea or diarrhea.

For most people, symptoms will get better within a few weeks. Some people even show no symptoms at all. But in others, COVID-19 can lead to serious problems like pneumonia, not getting enough oxygen, heart problems, or even death. This is more common in people who are 65 years or older or have other health problems like heart disease, diabetes, lung disease, cancer, or obesity.

## Can COVID-19 be prevented?

There is not a vaccine to prevent COVID-19. But there are things you can do to reduce your chances of getting it. These steps are a good idea for everyone. To help slow the spread of infection:

- Practice "social distancing." This means keeping people, even those who are healthy, away from each other. It is also sometimes called "physical distancing." The goal is to slow the spread of the virus that causes COVID-19.

Avoiding large groups and events is an important part of social distancing. But even small gatherings can be risky, so it's best to stay home as much as you possibly can. When you do need to leave your home (for example, to get food or medicine), try your best to stay at least 6 feet away from other people.

- Wear a cloth face mask. The mask should fit snugly but comfortably against the side of your face covering your nose and mouth.
- Wash your hands with soap and water often. This is especially important after being out in public. Make sure to rub your hands with soap for at least 20 seconds, cleaning your wrists, fingernails, and in between your fingers. Then rinse your hands and dry them with a paper towel you can throw away.

If you are not near a sink, you can use a hand sanitizing gel to clean your hands. The gels with at least 60 percent alcohol work the best. But it is better to wash with soap and water if you can.

- Avoid touching your face with your hands, especially your mouth, nose, or eyes.
- Avoid traveling if you can. Some experts recommend not traveling to or from certain areas where COVID-19 is spreading quickly. But any form of travel, especially if you were to spend time in crowded places increases your risk. If lots of people travel, it also makes it more likely that the virus will continue spreading.